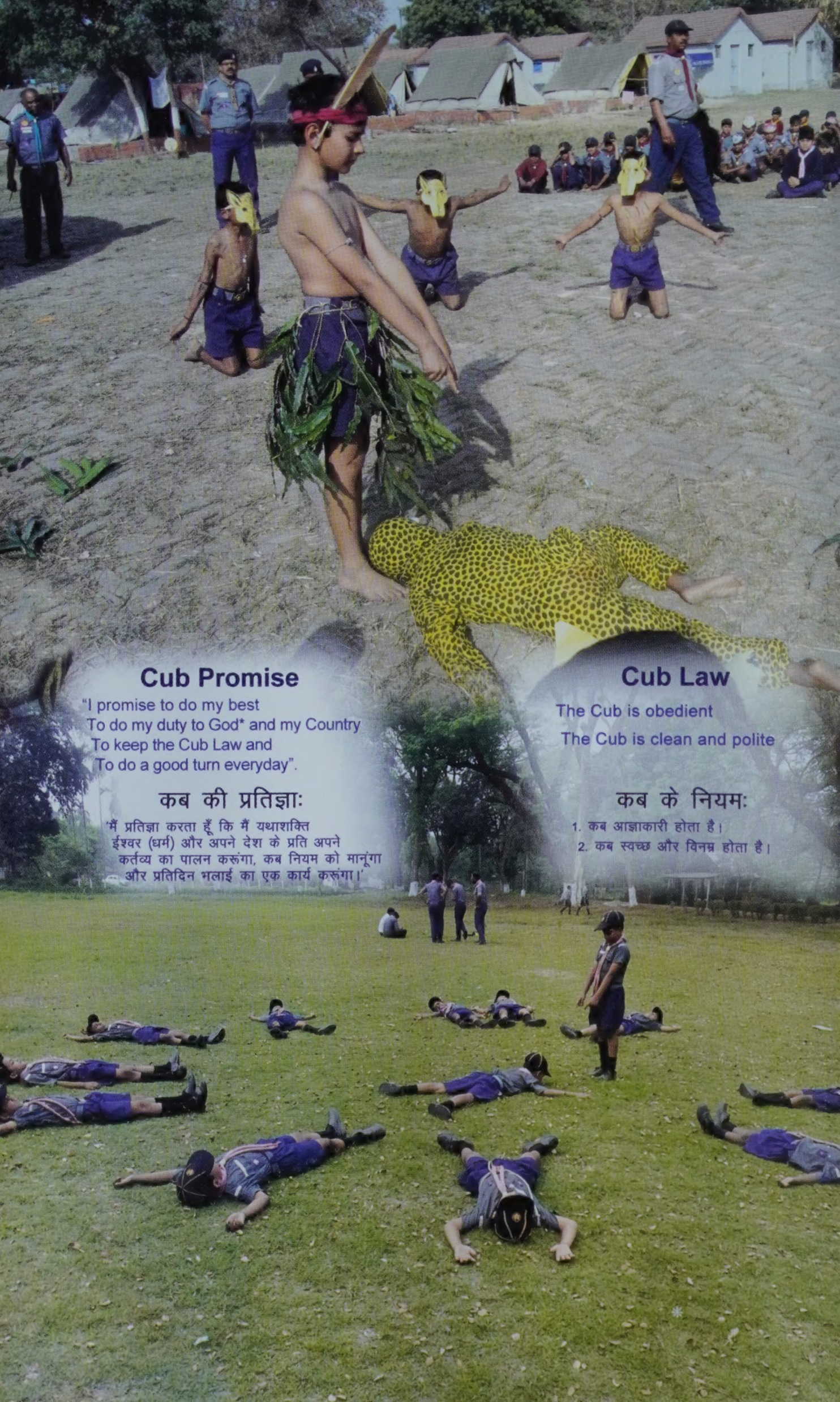
THE BHARAT SCOUTS AND GUIDES

Creating - Better India

Towards Golden Arrow

Cub



Cub Promise

"I promise to do my best
To do my duty to God* and my Country
To keep the Cub Law and
To do a good turn everyday".

कब की प्रतिज्ञाः

'मैं प्रतिज्ञा करता हूँ कि मैं यथाशक्ति
ईश्वर (धर्म) और अपने देश के प्रति अपने
कर्तव्य का पालन करूंगा, कब नियम को मानूंगा
और प्रतिदिन भलाई का एक कार्य करूंगा।'

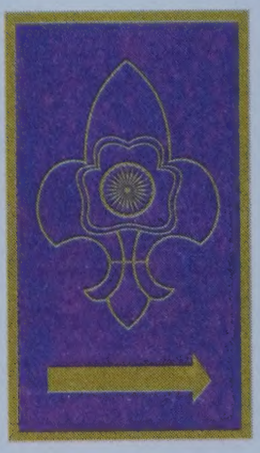
Cub Law

The Cub is obedient
The Cub is clean and polite

कब के नियमः

1. कब आज्ञाकारी होता है।
2. कब स्वच्छ और विनम्र होता है।

TOWARDS GOLDEN ARROW



CUB

THE BHARAT SCOUTS AND GUIDES

NATIONAL HEADQUARTERS

Lakshmi Mazumdar Bhawan
16, Mahatma Gandhi Marg, I.P. Estate,
New Delhi-110002
Tel. No. 011-23370724, 23378667 Fax.: 0091-11-23370126
E-mail : info@bsgindia.org | website : www.bsgindia.org

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FOREWORD

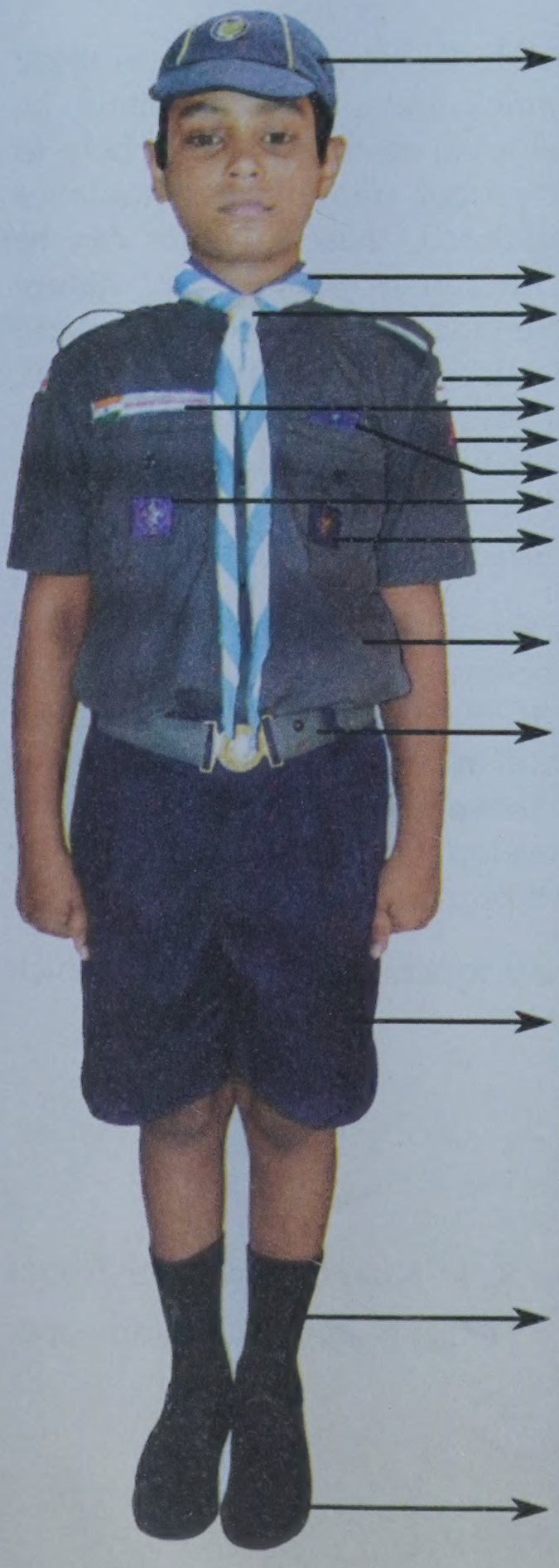
Every citizen of India should be able to think clearly, take quick and proper decisions, be alert and develop an attitude to be of help to others. Under proper training and guidance right from childhood, these qualities can be nurtured in children to make them mature and responsible citizens in life. Scouting and Guiding - which is an international movement, intends to inculcate in the young boys and girls a spirit of loyalty, patriotism and thoughtfulness for others. Therefore, it was the demand of the Cubs since long to have a book on Pravesh to Golden Arrow and so the book is ready with its content.

The book is all about Cub Scouts. Scouting is a game of outing and cubs live in the world of make believe. They engage themselves in playing, acting and learning to make and innovate new and interesting things which are helpful in boosting their potential for the skill development. Thus, the movement focuses on providing training to young children in developing their skills and morale and this book serves the required purpose.

I hope that this book will help them to achieve the first step which will lead them to Golden Arrow.

Dr. K. K. Khandelwal, IAS (Retd.)
Chief National Commissioner

COMPLETE CUB UNIFORM



HEAD-DRESS

SCARF
WOGGLE

SHOULDER BADGE
BSG STRIPE
SHOULDER PATCH
CHARAN BADGE
WORLD SCOUT BADGE
MEMBERSHIP BADGE

SHIRT

BELT

SHORTS

SOCKS

SHOES

PREFACE

Dear Cub Masters,

Very happy to welcome you all to the world of Cubbing!

To enjoy Cubbing with the Cubs, as a first step, we should train the Aspirants to make them Cubs. The Aspirants are full of energy, extremely curious, imaginative, sense of wonder, creative, interested to form group and seeking fun. To begin cubbing they have to complete the following Pravesh requirements as per the A.P.R.O. Part II during a period of 3 months or more.

Help them to achieve the first step which will lead them to Golden Arrow.

Welcome welcome welcome.

This book is all about Cubs, those young boys who look forward to becoming Scouts but are not able to do so since they are not old enough yet. To join the Scouts, they must wait till they are ten years of age and while they wait they can play and enjoy the game of Cubbing, getting themselves trained at the same time for good Scouting in future.

Cubbing is a great game and a very interesting one. Cubs live in the land of make believe. They engage themselves in play-acting. They learn to make things. They find joy and delight in games and competitions. They have a well-drawn up programme of their own guided by their Cub Master. They seek useful knowledge, acquire new skills and go up the ladder step by step.

K. Ekambaram, LT(C)

Tamilnadu

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CUB SECTION

CUB : - *A boy who is a citizen of India and who has completed five but not ten years of age is eligible to become a Cub, provided he subscribes to the Cub Promise and the Cub Law and becomes a member of Cub Pack.*

CUB PACK:

I. *A Cub Pack shall consist of not less than 12, but not more than 24 Cubs.*

II. *A Cub Pack shall be a unit of a Group of Cub Pack, Scout Troop and Rover Crew, provided, however where there is no such Group, a Cub Pack shall be treated as a Group.*

III. *Every Cub Pack shall be registered.*

IV. *Every Cub Pack shall have a name, where the Cub Pack is a unit of a Group, it shall bear the name of the Group, the Group may be named after the locality, an institution or a past hero of India; every Group shall also have a serial number assigned by the Local or District Association, as the case may be.*

The Six System:

I. *A Cub Pack shall be divided into Sixes. Each Six may consist of 4 to 6 Cubs, inclusive of the Sixer and the Second.*

II. *Each Six shall bear the name of a colour chosen in consultation with the Sixer.*

III. *Every member of the Six shall wear a shoulder patch. It is an equilateral triangular piece of cloth of Six's colour base of which shall be 4 cms in length, sewn at the top of left sleeve immediately below the shoulder badge with point upwards.*

A. ***Senior Sixer:*** *A Senior Sixer is one of the Sixers appointed by the Cub Master; he shall wear 3 armlets of blue wool or cotton piping 1 cm. wide, each 2 cm apart between the left shoulder and the elbow; the Senior Sixer shall assist the Cub Master and the Asst. Cub Master as directed.*

B. ***Sixer:*** *A Sixer is a Cub, appointed by the Cub Master to lead a Six of Cubs; the Sixer shall wear uniform as a Cub and in addition he*

shall wear two armlets of blue wool or cotton piping 1 cm. wide, each 2 cm apart between the left shoulder and the elbow.

C. ***Second:*** *The Second is a Cub appointed by the Cub Master in consultation with the Sixer concerned. The Second shall assist the Sixer and take his place in his absence. He shall wear uniform and badge as a Cub and in addition he shall wear one armlet of blue wool or cotton piping 1 cm wide, between the left shoulder and the elbow.*

Sixer's Council: *The Sixer's Council shall consist of the Scouters of the Pack and the Sixers; the seconds may be invited. It shall look after the internal affairs of the Cub Pack.*

A boy who is a citizen of India and who has completed five but not ten years of age is eligible to be registered as an Aspirant.

PRAVESH

The Aspirant shall complete the following before investiture as a Cub:

PRAVESH - REQUIREMENTS:

1. *Be able to tell the first part of the jungle story.*
2. *Understand the meaning of Cub Law, Cub Motto, Cub Promise and Cub Greeting.*
3. *Demonstrate correctly Cub Salute and left handshake.*
4. *Offer daily prayers as told by parents.*
5. *Do a daily good- turn at home.*
6. *Be able to sing Cub Prayer.*

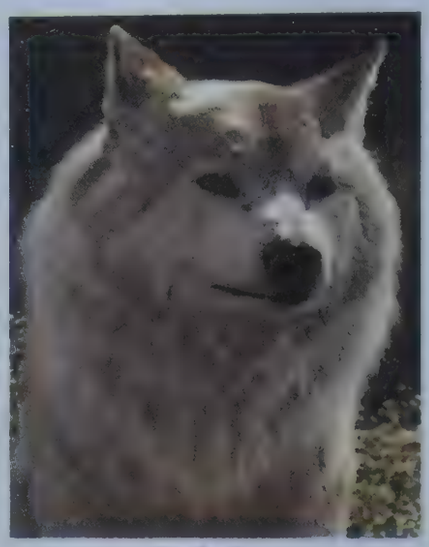
Now take the Aspirants to the jungle by narrating the jungle story. Let us enter into the jungle. ***Note: The Cub Master must*** first prepare the story, note the sequence of characters and deliver it such that the Cubs feel as if they are moving along with the characters in the forest. There is no compulsion to tell the story in one sitting. Sufficient time must be taken. To keep the Cubs hooked to the story, some suspense should be maintained.

Let's go....

1. Be able to tell first part of the jungle story.

The First part of the Jungle Story:

The Founder of the Scout movement is Lord Baden Powell. He adopted the idea of the Wolf Cub Pack from the Jungle Book by Rudyard Kipling. Boys of Cub age like romance and adventure. The story provides keenness, obedience, friendship and team work to them.


Raksha

The Jungle Book is the basis of the Wolf Story which is our theme in training of the Cubs.

Madhya Pradesh is one of the States of Our Nation, India. Seeonee forest is situated not far off from the town Jabalpur. Wainganga is the river flowing through the forest. On the banks of the river a wolf family, lived in a Den. The family consisted of father wolf, mother wolf (named Raksha) and four young cubs, the Grey Brothers.

Wain Ganga

Grey Brother

Shere Khan was the tiger who lived near the river. He was lame in one limb from birth and hence could only hunt cattle. He changed his hunting ground without due warning to the other members of the forest.

Shere Khan

'No animal should hunt a man' was the Law of the jungle. This was because if the animals harmed human beings sooner or later, men would come with weapons and create trouble for the animals.

Mowgli

Men stayed in a camp at the outskirts of the forest. A woodcutter was sleeping with his child in the camp. When Shere Khan saw them he decided to have the baby for his dinner. The tiger moved towards them slowly without making sound. He leaped at the wood-cutter's fire and burned his paw. Because of the wound the tiger made a howl - a most untigerish howl from Shere Khan. This made the wood cutter to run to save his life leaving the child. The child crawled out of the camp through the bush.

Tabaqui

The Wolf family came out of the Den for hunting. When the Father wolf, spotted some movement, in the bushes he crouched and sprang but, checked himself in the mid air because he saw a little naked brown baby.

"A man Cub", said Father Wolf to Raksha. Mother Wolf said, "I have never seen a man Cub before. Bring it here." Father Wolf picked up the baby so gently in his jaws and brought him into the cave and placed him beside Mother wolf.

The child soon started playing with the Grey brothers without any fear. On seeing this, Raksha wondered, naked cub, how little, how bold?. Raksha felt that the child was like a frog, because his skin was smooth and hairless and she named him Mowgli.

There was a Jackal named Tabaqui in the jungle. He was too cowardly to hunt for himself and would pick up the scarps left by other animals.

Shere Khan stood in front of the Wolf Den. On seeing him Father Wolf asked him "What does Shere Khan want?".

Akela

"The man Cub is mine. Give him to me" Shere Khan roared.

Father Wolf replied, "We are free people. We take orders from the Head of the Pack only. We shall not obey anyone else's orders."

"The man Cub is ours. We can do whatever we decide". Father wolf added.

"The man Cub is mine, give him to me", roared Shere Khan like a thunder.

Then Raksha sprang up and replied to Shere Khan. Her eyes were sparkling like two moons". The man Cub is ours. He shall not be killed. He will live with the Pack. One day Mowgli kills you.

Shere Khan knew that he could not enter the Den as the entrance was too small, nor could he fight with the two wolves.

Shere Khan came away, murmuring, "Let me see what the Pack says. One day I will surely hunt that man Cub".

Father wolf said "Shere Khan speaks the truth What will our pack decide on admitting a Man Cub in the pack?".

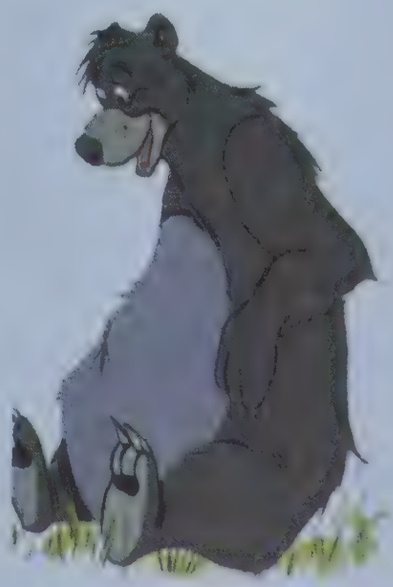
Council Rock

On Full Moon nights the Pack will meet around the Council Rock. Akela, the only leader, the Leader

of the pack will sit on the Rock. All the wolf families would bring their Cubs and introduce them to the Pack. The new Cubs will be admitted to the Pack.

Akela was an old wolf and his name meant "One who is alone". Akela was the head of the Pack. The whole pack would obey his orders.

As usual on the Full Moon day Akela occupied his seat on the Rock. The Pack formed a circle around the Rock with Akela in the centre. All the Wolves pushed their Cubs into the circle.



Baloo

Raksha also sent the Grey Brothers and Mowgli seeking approval of the Pack to admit him. Mowgli started playing with some pebbles in the moon light.

From outside the circle a snarl from Shere Khan was heard. He growled "The man Cub is mine. Give him to me. Some of the wolves) said "What have the free people to do with a man's Cub in the Pack?". Some took one side, some the other.

Bagheera

There was a law in the Pack. If there was an argument for inducting a Cub in to the Pack, two people should speak and stand surety for the Cub. So Akela asked, "Who speaks for this Cub as the Law requires?". At first no one came forward. Then Baloo, the fat, sleepy, old brown bear stepped into the circle. He had a splendid knowledge of all the Jungle Law and of the animal Passwords. Baloo said, "I will speak for the man's Cub. I will stand surety. No harm in admitting the Cub. Let him be admitted in the Pack. Let me teach him the Law of the Jungle.

"One more person is required to support the man Cub's induction. Is anyone else willing to speak for him?" asked Akela.

An inky black shadow, dropped silently into the circle. It was Bagheera the Black Panther, the mighty hunter of the jungle.

"I will teach him the hunting techniques, how to hide, escape, attack, swim etc. if there is dispute at the right of the Cub to join the Pack, his life may be bought at a price. Is that not the Law?" spoke Bagheera.

"Yes" replied the Pack.

I just killed a bull in the valley. Let it be the price for the Cub to join the Pack. The greedy and hungry wolves cried, "Let him join the Pack".

They thought that the man Cub would sooner or later die of the winter rains or the summer Sun. What harm can a naked frog do to us? Let him join. Having given their consent they ran for the bull.

Akela said."Now take him away and train him as he fits one of the free people".

Thus Mowgli was included into the Seeonee Pack at the price of a bull from Bagheera and on Baloo's good words. Mowgli learnt many things from Father and Mother wolves.

In this way the Cub Master, the Akela of his Pack, must admit the boys, (Mowglis), with the help of Baloo and Bagheera the Assistant Cub Masters.

(Read "Jungle Book" by Rudyard Kipling for full story)

2. Understand the meaning of Cub Law, Cub Motto, Cub Promise and Greeting

The Cub Law

The Cub Law has two parts. The first part of it says **"A Cub is obedient"** and the second part says **"A Cub is clean and polite."** As a Cub the boy is expected to observe the Cub Law. It is therefore essential that he should know what it means. The Cub Master must explain the Law to him in such a way that he can easily understand. The explanation should not be attempted all at once, but should spread over several sittings. Nor would it necessary to make these discussions or explanations formal. Much of the work may be and ought to be carried out in an informal and casual manner and as far as possible communication should be to just one Cub at a time.

The first part of the Law enjoins obedience to elders. Who are the "elders"? This expression would include the Cub Master, the Schoolmaster, the parents and all the elders at the boy's home. He should learn to give obedience readily, ungrudgingly and quite cheerfully, with a smile upon his lips. He should also be made to grasp the fact that all those to whom he has to give obedience are really interested in his well-being and that to obey them is only to his own advantage. They know what is good for him and they are anxious to see him grow into a good boy in every way. The second part of the Law required that the Cub should be clean in person, as regards his clothing and in all respects. Cleanliness being next to Godliness, the cultivation of a habit like this, is of utmost importance. This law also casts on the Cub the duty of being courteous towards others. This means that he must be considerate and respectful in his speech and action and that he should not displease any one. Courtesy is a sign of good breeding and this trait has to be cultivated even from childhood.

For teaching Law and Promise, conduct Six competition in collecting stories and pictures relating to Law and Promise Motto and Good-turn etc.

A lot of suitable games may be used to teach the Law and Promise to the Cubs.

The Promise

The Cub Promise is:

"I promise to do my best
To do my duty to God and my Country
To keep the Cub Law and
To do a Good-turn every day".

The Cub makes this Promise at the time of his investiture. The Promise makes him a Cub. Having made the Promise, he has to keep it. It is therefore important that he should know what it means as clearly as possible. It is again the duty of the Cub Master to make the young boy understand the implications of the Promise. As the case of the Law he has to explain it individually to every Cub in an informal and casual manner and make sure that he understands it. Even after the investiture it may be necessary for him once in a way to explain the Promise to the Cubs.

"Duty to God" is a difficult thing for young boys to understand.

The personal life of the Cub Master is important. It must be such that the Cubs are influenced by it even without their knowing it. If the Cub Master loves and serves God with all his heart, it cannot but influence his Cubs.

The explanation of the Promise and the Law will serve as a good opportunity to teach the Cubs that duty to God, would include saying short prayers during Pack meetings and at other times, thanking God for all His goodness to us and cultivating an attitude of readiness to trust Him and to follow Him.

Religious Policy

The Association is not attached to any one religion in particular, but it shows equal respect and reverence to all religions. It is the duty of the Cub Master to encourage every Cub to follow his own religion and to practise its observance.

"Duty to Country"

A Cub is patriotic. He should feel respect and reverence for the National flag, for the national emblem and for the National Anthem. Duty to Country would also imply that he should in course of time grow into a good and a useful citizen and be ready to take up higher responsibilities.

Cub Motto

Cub Motto all over the world is DO YOUR BEST. So Cubs everywhere are doing their best to become real men and to be part of world friendship. This means that in everything they do, they aim at their best.

It means:

- When you play a game, do your best to help your team to win.
- When you study in school, do your best to learn from your teacher.
- When you are at home, do your best to help your family.

- When you are out, do your best to help the needy person.
- Do your best for other people.

Try to attain your goal with your maximum capacity.Make them feel that you are expecting their best always. The Motto is also referred to in the Cub Promise and Greeting.Hang charts showing the Cub Law, Cub Promise and Motto in the Den.

The Cub Greeting

The Sixes in their corner under the leadership of their Sixer, minding their own business.

Akela standing in a place. (Usually in front of the Flag, distance depends upon the number of Cubs).

Akela: "Pack".

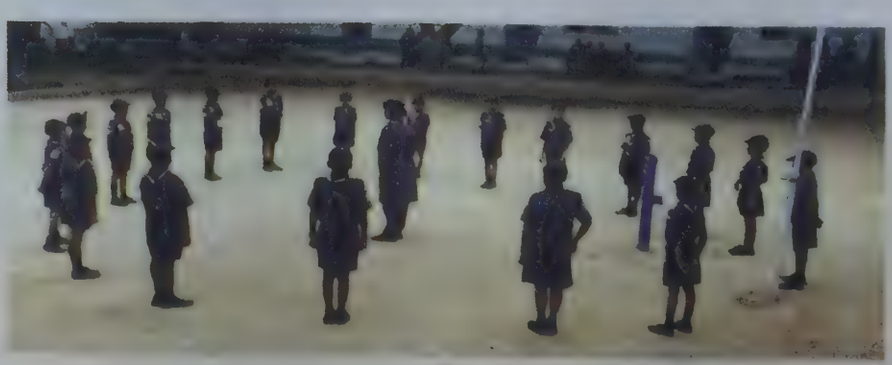
(whereupon all the activities in the pack seize, Cubs silently await for further orders. (Cubs Freeze)

Akela: "Pack", "Pack", "Pack".

(**Note**: Last 'Pack' must be short and loud and a short pause between 'Packs')

Cub "Pack" (from their corners at a time) and start running towards Akela and form a Rock circle around Akela, Sixer leading and the second at the end of the six.)

Rock Circle - Akela in the centre, Cubs stand around him shoulder to shoulder, keeping the Sixer on the right side and second at the left end.



If Akela is satisfied with rock circle,

Akela:"Form parade Circle". (Cubs link their hands with their next Cub together and pulls back to form the biggest circle known as Parade circle) In the parade circle Duty/leading Sixer stands in front of Akela.

As soon as the Cubs form a Parade circle Cubs should come in stand-at-ease position.

Akela: raise both his hands sideways and horizontally and palm downwards. Then all the Cubs come to Attention position. Next he lowers both his/her arms in a firm and steady movement until they are against his/her sides. As his/her arms go down so also do the Cubs go down, This Downward movement of Cubs should be entirely straight - forward and not involve any exaggerated movement of the arms, till finally they are in a squatting position.

(Squatting Position - Come slowly squat, sitting on their toes, keep their hands in between knees and with index finger and middle finger should not touch the ground, slightly just above the ground, rest of the fingers to be closed. Chins up, Look up)

CUB GREETING.

Cubs:"Ah-Kay-La! - We e-e- el Do-o-o-o- oo our BEST !" (We'll Do Our Best at the top of their voice) yell the word "Best" sharp, loud and short and all together. At the word "BEST" they all stand on their feet, hands on either side of the head with the index and the middle fingers of each hand pointing upwards.

The Duty/Leading Sixer: "DYB"," DYB"," DYB","DYB". (DYB - Do Your Best)

At the fourth DYB every Cub drops his

left hand smartly to his side, Then keep Cub salute with his right hand and all the Cubs together " DOB", "DOB","DOB", "DOB" (Do Our Best) (When the Cubs salute at the same time Akela should return the salute with three fingers, other leaders do not salute but stand at attention.)

After the fourth DOB each Cub drops his right hand smartly to his side and stands at the attention, waiting for the Cub master's orders.

The Cub master accepts the Greeting in an appropriate manner saying "Thank you Cubs" or "Good Hunting", or something equally good.

During the Greeting the Assistant Cub Masters will be standing outside the circle, in a straight line, right behind the Cub Master.

The Cub greeting emphasizes the importance of willing acceptance of discipline (on which happiness and success depend) and loyalty to the Pack and to its Leader. A Greeting is a tribute to pack, friend or visitor and a reminder of Cub Promise.

Unique method adopted in Cubbing as per the jungle story.

3. Demonstrate correctly Cub Salute and left hand shake.

The Salute

Now for the secret sign by which Cubs salute their Cub Masters, other Cubs and Scouts too. You have learnt "the Cub Greetings" which you use when doing the Grand Howl to an Old Wolf, but if you meet him or to speak to him again give him Cub Salute before you leave.

You do it this way, with the right hand only, forefinger touching the right eye brow.

The Cub salute is given by raising the right arm smartly to the level of the shoulder, palm to the front with two fingers, the index finger and the middle finger open, the index finger touching the forehead above the centre of the right eye brow and the thumb on the little and the ring finger. After the salute the arm is smartly brought down in front.

Why two fingers up?

Well, you know what a wolf's head looks like with his two ears cocked up.

It is used as the Badge of the Wolf Cub.

Your two fingers in the salute are the two ears of the wolf.

Our salute, too is a sign of friendship. Years ago, there was so much quarrelling and fighting that no one quite knew who was his friend and who was foe; therefore, when two men met as friends, they used to raise their right hands above their heads, palms outwards, as a sign that their right hands held no weapons and they meant no harm. You can see how easily our salute has grown from that old sign of friendship and so, when you meet another Cub or Scout, or anyone wearing the button hole badge of a Scout or Cub, give him or her the salute.

When to Salute:

1. None should wait for to be saluted but 'salute first' irrespective of superiority and seniority.

2. All 'Scouts' in uniform should salute each other only at their first meet during a day and when they part for the day.

3. During hoisting of National Flag (including the flags of other nations) and Scout Flag (including World Scout Flag).

THE LEFT HANDSHAKE

There are number of things in our Movement that depend upon traditions and the left hand shake is one of them. Really speaking when we meet brother Scouts or Sister Guides we are expected to shake hands with the left. This was not our Founder's invention but has been given to us like many other things for what he came across in Africa. In 1896 our Founder, as Colonel Baden-Powell was in Ashanti in Africa and on entering the town he met and he was greeted by an African Chief. B.P. held out his right hand but the Chief said, "No, you must shake my left hand, because only the bravest of the brave shake hands with the left". This was charming compliment and when B.P. started Scouting & Guiding he handed down this fine tradition of bravery to his children. Hence it is now something of our own and every Scout and Guide meeting another should shake hands with the left to show that we are all in this great world wide sisterhood and brotherhood numbering about 50 millions. Of course, in the middle ages in England, people used to shake hands with the left as a sign of friendship and as a sign that they were brothers because the left hand is nearest to the heart.

There was a code of honour which said that an unarmed man who could not defend himself, was never attacked. So this good Chief of the peace-loving tribe dropped his arms and walked slowly out ahead of his men and after standing alone for a moment, walked towards the enemy, who had stopped with surprise at his unexpected turn of events and holding out his left hand after flinging down his shield and spears, said: "I come unarmed and I hold out my left hand to you as the sign of friendship and trust. We are neighbours and should not live in enmity. From now on we wish to live in peace and we trust you to do the same and to be friends." (From Window of my Heart: An autobiography of Lady B.P)

When the Scout Movement was founded; B.P. who knew that boys would like secret signs, suggested that we should have this way of

shaking hands, differently from the ordinary way, as it denotes trust in one another.

4. Offer daily prayers as told by parents.

Insist on this topic daily prayers. Don't forget during the Pack Meetings and camps.

A Cub is reverent towards God. He is faithful in his religious duties. He respects the beliefs of others. Practice your religion as you are taught in your home, Churches, Temples, Mosques or other Religions, Community. Worship God daily in the morning after getting up from bed, after bath, before taking food, before going to bed in the night; Sing songs in praise of God or offer prayers when you go to religious places.

PRAYER OF THANKS

Father we thank Thee for the night,
And for the pleasant morning light,
For rest and food and loving care,
And all that makes the world so fair,
Help us to do the things we should,
To be to others kind and good,
In all we do, in work or play,
To grow more loving every day.

5. Do a daily Good-turn at home

A Good Turn is a service one renders to a fellowman without expecting or accepting any reward or award. There are different levels of Good Turn:

(a) Individual (b) 'Six' and (c) Cub Pack

For Pravesh, Good Turn is to be done at individual level '**Charity begins at home**': This is a commonly used quotation which implies that a Good Turn should be first done at home. A Cub can help at home in the following ways:

(a) Give the postman a hot drink.

(b) Collect old boots and repair them for the poor.

(c) Stamp and post a letter for his parents.

(d) Give an old coat to a poor man.

(e) Frame a photograph for a neighbour

(f) Carry some washing to the laundry.

(g) Do odd jobs in the house hold.

Do a Good Turn every day. A Good Turn is a Voluntary service extended to others without expecting any reward or award.

The law of the pack is to help others in need. As a Cub he is concerned about others. A boy who knows first aid can help someone who is injured. A boy who knows his town can help a stranger find his way. Help whenever there is a need by doing a good thing daily. A cheery smile may be necessary for the sick. You prove yourself a useful person in the society.

The Cub Master should give instruction to Cubs to help his mother, sister in household chores voluntarily and without being asked. He must be ready to look after his younger brothers and sisters. He must be trained, think of ways and opportunities of making himself useful at home.

Note: Give some examples of Good turn and tell some stories regarding Good turn.

Good Turn Diary

They have to maintain the Diary at least for one month.

Sr. No.	Date	Good Turn	Parent's / Guardian's Signature

Signature of Cub Master

6. Be able to sing Cub Prayer

Ham Hein Chhote Chotte Bal
Hamari Lena Tu Sambhal
Kadam Kadam Par Karen Galtiyan
Sad Buddhi Dena Bhula Galtiyan
Tum Bin Kaun Lega Sambhal
Ham Hein Chhote Chotte Bal
Hamari Lena Tu Sambhal

Meaning:

We are little children
You take care of us
We commit mistakes in every action
Give us good wisdom
Forgetting our mistakes.
But for you who can take care of us.

Flag Ceremony

Position of CM/ACMs/Duty Sixer.

ACM stands in front of the flag, the distance depends on the number of Cubs in that Pack.

A.C.M:"Pack". (After a pause) "Pack", "Pack", "Pack".

The Cubs reply:"Pack" *(loud and at a time)*

Rush towards the ACM, Sixer leading, other Cubs following him with the Second at the end, to form Rock circle.

ACM:"Form Parade Circle". *The Cubs form Parade circle.*

Then ***ACM:"Stand at ease"."Attention".***

ACM moves one step towards his/her left, turns about and marches towards the Flag and halts at one step left and one behind the flag. Turns about.

ACM:"Pack Stand at ease"

ACM:"Pack, Attention".

ACM turns about and salutes the CM. Moves one step towards his/her right and walks two steps forward, halts, turns about and stands at attention.

CM Returns the salute to ACM moves two steps forward and halts.

Cub Master stands one step behind the Flag mast and one step to the left of it.

ACM and other pack Scouters stand in straight line two steps behind the C.M. and one step to the left of Assistant Cub Master outside circle.

CM: "Pack Attention". "Prayer begin"
(Pack sings the prayer song – HUM HEIN CHHOTE.....).

CM: "Pack, stand at ease".

CM: "Pack, attention."

CM: "Pack Face flag"
Those who are not able to see the Flag from their place can turn to their left or right, to face the Flag.)

CM:"Duty Sixer to the Flag".

Duty Sixer smartly walks to flag mast, stops two steps in front of the, flag mast. Takes one step forward and grasps slack halyard as high as possible.

CM: "Pack Salute" All salute including all scouters (At the same moment Duty Sixer pulls the halyard and quickly ties around the cleat. He then takes one step back and salutes)

CM:"As you were." All bring hands down.

CM:"Flag Song Begin".

(The BSG flag song : Bharat Scout and Guide Jhanda .....).

CM:"Pack inward turn". (turn towards original position, Duty Sixer moves to his original place.)

CM:"Pack, Stand at ease" – "Stand easy" (Announcement if any).

CM:Pack, "Attention".

CM:"Pack Break off". (Turn to right then moves one step towards right and scatters)

8. **Cub Uniform :** A Cub shall wear uniform as given below.

(i) **Shirt :** A steel Grey shirt with two patch pockets with shoulder straps, with half sleeves or rolled up sleeves. The sleeves may be turned down in cold weather.

(ii) **Shorts :** Navy blue shorts.

(iii) **Head-Dress :** A blue cap with yellow piping and logo of wolf cub supplied by the National Association. A Sikh may wear dark blue turban with logo of wolf cub supplied by National Association. [A turban badge in place of cap badge may be introduced by National Association.]

(iv) **Scarf :** A triangular scarf of the Group colour other than green, purple or yellow and pattern approved by the Local or District Association as the case may be, shall be worn round the neck over the collar and shoulder straps with the Group woggle, other than Gilwell woggle. Two sides of the scarf shall have each a minimum length of 70 cm and maximum of 80 cm.

(v) **Belt :** Grey Nylex belt with official buckle of the Bharat Scouts and Guides Supplied by the National Association.

(vi) **Shoulder Patch :** An equilateral triangular piece of cloth of six's colour, base of which shall be 4cm in length, sewn at the top of left sleeve immediately below the shoulder badge with point upwards.

(vii) **Shoulder Badge :** A Shoulder Badge of 6 to 8 cm. Length and 1.5 cm. width with white background and red border and the serial number and name of the Group in red letters shall be worn on both the shoulders immediately below the seam with little curve.

(viii) **Membership Badge :** A cloth badge with blue background and Fleur-de-lis in yellow superimposed by the Trefoil with Ashoka Chakra also in Yellow in the centre shall be worn in the centre of the pleat of left pocket of the shirt or at the same place on jersey.

(ix) **World Scout Badge :** Should be worn at the centre of the pleat of the right pocket of the shirt.

(x) **Stockings :** Black socks below the knee may be worn.

(xi) **Footwear :** Black shoes with lace.

(xii) Over Coat, Blazer or Jacket : A Navy Blue coloured

overcoat or a navy blue Blazer or a navy blue jacket may be worn, during winter season only.

(xiii) **Metal Badge :** in mufti, a metal badge of the Bharat Scouts and Guides may be worn.

(xiv) **A name stripe** - The name stripe containing "The Bharat Scouts and Guides" supplied by National Headquarters may be worn on just above the **right pocket** of the shirt. The size of the stripe should be 11cm X 2cm, the right corner of which should be tri colour of National Flag of the size of 3cm x 2cm and rest for the Title of 'The Bharat Scouts and Guides'.

Casual Wears : A working uniform /field activity uniform as optional item With Deep Blue Jeans/Trousers or shorts with plain sky blue T-shirts with collars having a pocket super imposed with scout Emblem of BSG and a deep blue Colour "P" cap with BS&G emblem at the centre may be worn during the field activities along with black sports shoes.

Note: P-Cap is not permissible in uniform

Cub Investiture Ceremony.

Pravesh Badge and Cap with Akela. Scarf and woggle with Group leader or Head of the Institution. Enrolment Card with A.C.M. Six Patch with the concerned sixer. It is their privilege to hand over them to the new Cub. If anyone is not available then Akela can handover those things to him.

Cub Master stands one step behind the flag mast and one step to the left of it. ACM and other Pack Scouters stand in straight line two steps behind C.M. and one step to the left of Assistant Cub Master outside circle.

Cub Greeting (Aspirant will not join the Cub Greeting but stands outside the circle)

After the Cub Greeting.

Pack standing at ease position. Sixer brings forward recruit who stands in front of Akela at Alert. Sixer returns to Six.

Akela *Do you want to be a Cub?*

Recruit *Yes Akela, I do.*

Akela *Do you know the Law and Promise of the Cub and the Salute?*

Recruit *Yes Akela, I do*

Akela *What is the Law?*

Recruit *A Cub is Obedient. A Cub is clean and polite.*

Akela *Are you ready to make the solemn Promise of the Cubs?*

Recruit *Yes Akela, I am.*

Akela *"Pack Attention" – "Salute"*

To Recruit- "Repeat after Me"

"I promise / to do my best / to do my duty / to God /and my country / to keep the Cub Law / and to do a good turn every day"

A. *At the end of the promise, all bring down their hands in time with Akela.*

B. *Akela then shakes new Cub by left hand, saying while so doing "I trust you to do your best to keep this promise. You are now a Cub and one of the great brotherhoods of Scout.*

C. *Akela:- "Pack, stand-at-ease"*

D. *Akela then hands Cub's cap to him, which he puts on himself. He hands him Pravesh badge and World Brotherhood badge, with brief words about how each is worn.*

E. *Then he asks the Group Leader to put Scarf and woggle on new Cub, which he does with few suitable words of explanation and welcomes Cub. Cub collects card later.*

F. *Akela making sure Cub has right hand empty says: "Cub _____(name) About turn"-"Salute the Pack"- Pack returns the salute "As you were"- "Back to your Six"*

G. *When back in his Six, the Sixer gives him his six patch. He occupies the place on the right of the Second.*

H. *Ceremony then ends with Cub Greeting in which new Cub joins for the first time.*

I. *The investiture is essentially a private family affair for Pack only. If Cub wishes, his parents may be invited. Genuine investiture should never be done in public. If demonstration in public is wanted, use Cubs already invested.*

Before the actual Investiture Ceremony have number of rehearsals for perfection. Keep everything handy and no lagging. It should be simple and solemn.

PRATHAM CHARAN

The Cubs are ready to come with you now. Show them the way to follow for their advancement. Here tell them that they will get new interesting, informative subjects regarding, cleanliness, maintaining their dress, health, games etc., Take the steps to make them happy.

REQUIREMENTS:

1. *Know how to keep personal effects (clothes, footwear etc.) neat and tidy and be able to sew buttons on garments.*
2. *Learn to pray before meals.*
3. *Do daily Good Turn at home and at school.*
4. *Do toe touching and knee bending exercises regularly and maintain good health habits.*
5. *Practise any two of the following physical activities.*

   (a) Somersault, (b) Leap frog,

   (c) Hopping, (d) Skipping, (e) Balance walk,

   (f) Throw and catch a ball from three meters.
6. *Make a collection of five different leaves and flowers. Paste and label them in a scrap book.*
7. *Be able to tell time by clock.*
8. *Know whipping, tie a Reef knot and Clove hitch and learn their uses.*
9. *Demonstrate any three of the following :*

   (a) Climb up a tree or a rope, (b) Ride a bicycle safely, (c) Write address and affix stamps on an envelope for posting, (d) What to do, when National flag is flown and National Anthem is sung or played, (e) Find out the meaning of the Badge given at the time of investiture, (f) Use of basic Communication device (telephone, cell phone, web phone, Internet)
10. *Be able to sing National Anthem and BSG Flag song.*
11. *Be able to tell the Jungle story up to Kaa's Hunting.*
12. *Know Jungle Dance - Baloo dance and Kaa Dance.*
13. *Attend at least 8 pack meetings.*

14. *Be able to tell the name, address and telephone/mobile numbers of his parents.*

1. Know how to keep personal effects (clothes, footwear etc.) neat and tidy and be able to sew buttons on garments

i.) *As a Cub Master train your Cubs in the following and check his uniform whether he keeps tidy. A Cub always takes pride in his clothes and appearance. Clothes do not have to be made from expensive cloth. The way the clothes are kept that makes all the difference. Regular washing and mending keeps clothes clean, tidy and makes them last longer. All tearing should be mended immediately. Instruct the Cub to ask his mother or sister to show him how to thread a needle and mend small tears or sew lost buttons.*

ii.) *Train him to Keep his clothes properly folded. In the absence of an iron, he may fold his clothes and keep under his pillow for the night.*

iii.) *He may also wet press his shirt or shorts by spreading these on a level surface and remove the wrinkles by moving his hand evenly on the wet clothes and then allow them to dry.*

Please remember good clothes open all doors and clothes makes a man. Never neglect little things.

Nose Breathing

Let the Cubs know that they should draw the breath in through the nose. Why not through the mouth.

It is for this reason, the throat at the back of the mouth is very delicate and apt to catch cold and to get sore and if we breathe through the mouth the cold air strikes it at once and may give it a chill; but if we draw in our breath through our nose it gets warmed in passing up it and goes into throat as it were through a back door but nicely warmed.

But there is also another reason why we should breathe through our nose.

There are little beasts floating about in the air called germs. They are so tiny that we cannot possibly see them with the naked eye, but with a very strong magnifying glass it is possible to look at them. They are squirmy looking little beggars and very dangerous, because if they get inside our nose they may give us illness of one kind or another.

If we breathe with our mouth open we are very likely to get some of these down our throat and into our stomach, where they are likely to do a lot of harm. But if we breathe through our nose they will get caught up in the sticky juice inside our nostril and we get rid of them. Again when we blow our nose. Also when we are doing hard work we will, if we keep our mouth open, soon get dry and thirsty, but this is not the case when we breathe through our nose. Our mouth is given to us to eat, our nose to breathe with, so why not use them for what they are intended?

The Red Indians in Western America teach their babies to breathe through the nose by tying up their mouths by day and night. But their reason is in order to prevent them snoring, which happens with a fellow who sleeps with his mouth open. Snoring in a country where we are surrounded by enemies would be dangerous for we, as they could easily find out when and where we are lying asleep and stick a knife into our ribs.

Nails

In the Japanese army, where the soldiers keep themselves very clean, they have the order that before eating a meal they must always wash their hands and they must at no time allow their nails to be dirty. It is believed that this rule has prevented a great deal of illness among the soldiers.

The reason for it is that these poisonous little germs which float about in the air, live on dirt and are very liable to get on to our hands and to hide under our finger nails, therefore we should always be careful to keep these clean, especially before handling our food. Nails both on fingers and toes, should be kept properly trimmed with nail cutters.

Teach the Cubs that they should be careful when they cut their toe-nails frequently, every week or ten days and they should be cut square across the top, not rounded. Finger nails should also be cut about once in a week to keep them in good order. They can be rounded to the shape of the fingers to prevent the corners catching and getting torn.

Biting the nails is a very bad habit and indecent BY biting the nails the dirt lying may get into the mouth which causes illness and infection.

Teeth

Teach the Cubs regarding the cleaniness of teeth and how to keep teeth strong. Unless a fellow can chew his food well the food does not come out of it in his stomach to go to make blood, which, is so necessary for health. So whatever any one does he must try to keep 'eeth sound and strong. There is no part of t poisonous germs attack more readily than our teeth. They , between them and burrow inside them and bring about that ıl pain known as toothache and the teeth decay and have to pulled out; and consequently our food after that does not get properly chewed. But they can be prevented if one takes the trouble to clean the teeth properly and brush and wash away these germs out of his mouth.

When to brush and how to brush — As a cub master you teach the young cubs. The first thing is to have a tooth brush. These you can e bought from any chemist. The thing is not to forget to use it every morning and every evening, When get up and before going to bed and also if possible after midday meal. These germs to be attached with a brush and get them out from their hiding places between and behind the teeth and swill them out with mouthful of water, so that they don't get a chance of burrowing and destroying our grinders.

There are no chemist shops in the wilds of Africa and yet the natives they have splendid teeth and keep them clean by continually brushing them after every meal with little brushes made out of bits of stick. They take a short stick and hammer the end of it until it is all frayed out like a paint brush.

Feet

Your Cubs need proper instruction why they have to take care of their feet and shoes why and how to keep them neat. Your feet have a worse time than the rest of your body, because they are shut up in boots and stockings all day. The result is that they need to be washed very frequently. One can't walk far if his/her feet give out. Feet often get blistered because they them get damped from perspiration and are left damp stockings on them, which leads the skin gets all soft and therefore rubs very easily into blisters or raw places.

This can be prevented by often taking off the boots and giving the feet and stockings a good drying, so that the skin does not remain soppy. Soaping or greasing the feet before putting on the stockings is not a bad thing for preventing rubs. Blisters if on the foot, one should take a little care about it immediately and can be got rid of it easily; but if not careful, the skin rubs off and may make a nasty sore. Once it is neglected, it may go to worse condition.

Shoes - Blisters often come from shoes being too large and sliding about on the foot. To remedy this thicker stockings be worn or an extra spare pair can be used for change if needed. But tight shoes, should not be used as one will never be able to walk far in them, since the feet generally spread or swell with much walking and one will be wise to leave room for this. Knowing these small things and carrying them out for oneself, just makes all the difference as to whether one really enjoys a long walk or not.

Cleaning Boots or Shoes/Chappals

Like clothes, the footwear (shoes, belts, chappals etc.) should be kept clean. Leather shoes need polish to keep them clean, soft and shining. A brush or soft cloth to be used to clean the shoe and to be applied polish.

One must feel proud to say. "I like making my own bed, or folding my own clothes, or cleaning my own shoes."

There is a great satisfaction about getting a good polish on to the shoes through one's own work. It is almost as pleasant as polishing up brass work with a tin of polish and a soft rag.

Always the shoes laces to be tied up properly. If one has have the bad habit of taking off and putting on the shoes without untying shoe laces, this damages the shoes. This bad habit to be avoided. The proper knot for tying the shoe laces he known throughly and correctly.

The thing for shoe- cleaning is to have:

1. *An old knife to scrap off the mud.*
2. *A hard brush to brush away the dirt.*
3. *A blacking brush to rub the blacking in.*
4. *A tin of blacking*
5. *A soft brush to put the shine on.*
6. *A soft rag to put the polish on.*

If boots are used for rough country wear, or for camp the best way to clean them is not to polish them, but to rub grease all over them and especially into the seams, with an old, tooth brush. Any grease will do-oil, vaseline, tallow, or mutton fat.

If one wants to keep dry footed, greasing the soles as well as the uppers be perfectly done.

Folding Clothes

The motto of the Scout is "Be Prepared," which means "Be Prepared" to do one's duty at any time of day or night.

Soldiers and sailors, firemen and policemen and other such men have to be ready to turn out at any time of the night, always make a practice of putting their clothes neatly in place so that they can find them at once, even in the dark and get into them quickly.

So Scouts and Wolf Cubs should do the same and be careful to fold them and stack them in the order in which they want to put them on.

It may someday be the means of saving life.

Then sailors and soldiers have to keep their clothes in a very small space. A soldier, as we know, carries a change of clothing and all sorts of other things, like brushes, razors, soap, etc. in his kit bag on his back. In order to get these things into such a small space they have to fold every article very neatly and very tightly, otherwise it will not fit in.

So if Cubs are going for outing or camp, they must be able to fold and pack their things in the same way into a small space. One cannot do this well unless, he is in the habit of always folding his things neatly, so Cubs should do this with his clothes in his own home.

It is good for the clothes. They are kept in much better condition and they look much better when they have been carefully kept in this way. Also, if one should be away from home and want one or other of his things sent to him, he can tell other people exactly where to find them only when the person has everything in good order in his own room/place.

Tidiness

One of the Pratham Charan tests is that a Cub must satisfy Akela that the Cub is doing his best to keep the Pack Den tidy and to leave no litter anywhere. Most people seem not to mind where they throw their litter-cigarette ends, bus tickets, orange peel and bits of paper left around.

When Scouts and Cubs grow up it is hoped that they will no longer be people who throw rubbish any where on the way. They will take the trouble to put them into the proper bins for the purpose, or take them home.

It makes the streets not only look untidy, but also make them dangerous, owing to people slipping on banana and orange skins and thereby very often breaking their limbs.

It is dangerous also because the rotting fruit helps germs to grow, which then can get into the air and poison people. I heard the other day of a Cub who could not think of a good turn to do, but he saw

a banana skin lying in a bin where it was safely out of the way and he put it back on the pavement so that if another Cub came along he would have his chance of doing a good turn by removing it! It developes good habits.

Cubs who live in the country don't get such a chance of mopping up paper in the streets; but they can do an equally useful work in the lanes near their homes by uprooting the thistles and other weeds that grow along the sides of the roads.

It does not make the lanes look neater, but it will also be blessing to the farmers, because many of these weeds, especially thistles and groundsel, seed in such a way that their seeds are blown by the wind into the neighbouring fields and gardens and there start a lot of fresh weeds growing.

Therefore a Cub who destroys one plant prevents thousands of others springing up in the neighbourhood. On the gates of a park in Scotland these words have been put up: PLEASE REMEMBER Banana skins and luncheon scraps, Orange peel and chocolate wraps, Broken bottles, torn rags, Kodak cases, paper bags, Cigarettes and matches spent, Cardboard plates and papers rent, Tins and such like odds and ends, Spoil this place for other friends, Dirt and papers in pretty places, Slam park gates in people's faces.

Teach the Cubs that they must be very careful not to be "litterlouts." They should not scatter toffee papers about the streets or in the camp site. Teach and train them to keep in their pocket until they can put them in a dust bin or in the fire. Be those proud of your Pack den and see that each one the Cubs does his bit to keep it neat and tidy, so that when a visitor comes to see the Pack, he may see how good a Pack is yours is by the tidiness.

2. Learn to pray before meals

Our Promise reminds us of our trust in God, as a Cub. We are reverent to God. We praise Him whenever we get anything including our meals. Elders used to pray to God before taking meals according to their faith. We get food daily. All

our energy is derived from it with which we work day and night. The growth of our body is also through meals we eat. Therefore we should be very grateful to Him.

Praise God for His mighty acts and excellent greatness. Pray to God before meals, which we get every day, as taught by our parents and spiritual leaders or learnt from temple, church, mosque etc.

3. Do daily Good Turn at home and at School.

Good Turn at home

Cubs and scouts are known for the help they give other people at the time of need. Good turns are the acts of kindness that are big or small and thoughtful things which give pleasure to others. The important point is that good turns are done without expecting any reward or praise. Let them be trained to try to do at least one good turn a day. Let doing a good turn become a habit. It means looking for opportunities to help and that too quietly and without boasting.

In the beginning it is difficult to find a daily chance to do a good turn. But soon they learn to keep their eyes open and somehow there seems to be an opportunity around every comer.

Some are big things, like saving a human life, rescue work in floods. But good turns more often are small things, thoughtful things like helping a child cross the street, picking up broken glasses and banana skins from the street or to answer the inquiry of passers-by about an address. Doing small deeds are better than planning big deeds.

For good turn at home refer Pravesh test.

Good Turn at School

A Cub doing good turn at home is his daily routine, but to create sense of brotherhood and community development a Cub should be told to do a good turn at school.

A Cub can help in school in the following way:

A. *Help weak students in their studies.*
B. *Help a small boy to carry his bag to his class.*
C. *Help his Madam to clean the black board.*
D. *Clean the table and the chair for his teacher.*
E. *Clean his class room school ground.*

F. *If canteens are allowed, the money earned from the canteen should be given to the poor student's fund.*

B.P.'s Exercise:

It is possible for almost, any boy, even though he may be small and weak, to make himself into a strong and healthy man if he takes the trouble to do a few body exercises every day. They only take about ten minutes and do not require any kind of apparatus.

They should be practised every morning, the first thing on getting up and every evening before going to bed. It is best to do them with little or no clothing on and in the open air, or close to an open window. If they think of the object of each move while they are doing it and if they are very particular to breathe the air in through their nose and to breathe out through their mouth, they will know the benefits.

Here are some good exercises. It strengthens the toes and feet to do them barefooted.

Toe touching. (The Lower Body and back of legs)

It is breathing exercise by which the lungs and heart are developed and the blood made strong, healthy and it will give good respiration.

Make them simply stand up and reach as high as they can skywards and backwards and then bend forward and downward till their fingers touch their toes without bending their knees.

Make them stand with the feet slightly apart, touch the head with both hands and look up into the sky, leaning back as far as then can, as in Fig. above. Then reach both hands upwards as far as possible. Breathe out the number of the turns that they are doing and then bend slowly forward and downwards, knees stiff till they reach their toes with their fingertips.

Make them tuck in the small of the back while on the downward bend. Then, keeping arms and knees stiff gradually raise the body to the first position again and repeat the exercise twelve times.

The object of this exercise is, however, not to touch the toes, but to massage the stomach. If you find anyone cannot touch his toes do not force him to do it and more especially, do not allow jerk himself or allow anyone else to force him down. The value of the exercise lies in the upward stroke as against the downward stroke.

One should breathe in through his nose when bending backwards and breathe out though his mouth when bending forwards.

Knee Bending (For Legs, feet and toes)

Make the Cubs stand bare footed at the position of "Alert", and place the hands on the hips. Then they should stand on tip of the toe, turn the knees outwards and bend them slowly till they gradually sink down to a squatting position, keeping the heels off the ground, the whole time.

Then gradually the body be raised and arms to the first position again. This is to be repeated twelve times. The small of the back must be tucked in. The breath should be drawn in through the nose as the body rises and counted out, through the mouth as the body sinks. The weight of the body must be on the toes all the time and the knees turned outwards to make a person balance more easily. While performing the practice, one should remember that its object is to strengthen the thighs, calves and toe sinews, as well as to exercise to the stomach, so if practised it several times during the day, at any odd moment, it will do all the more good.

One can connect with this exercise, since it makes a person alternately stand up and squat down, that whether standing or sitting, at work or resting one will hold himself together (as your hands on your hips are doing) and make do what is right.

These exercises are not merely intended as a way to pass time, but really to help the Cubs to grow big as well as to grow strong.

Train to breathe out through their mouth when they are going down and breathe in through nose when they are getting up.

Note: The two exercises described above are of very great importance and useful to the Cubs. They should not only know how to do them but let them do them regularly - though this is not stipulated in the rules. Make them to practice these two exercises regularly in their daily life.

5. Practise any two of the following physical activities

(A) Somersault (B) Leap frog (C) Hopping (D) Skipping

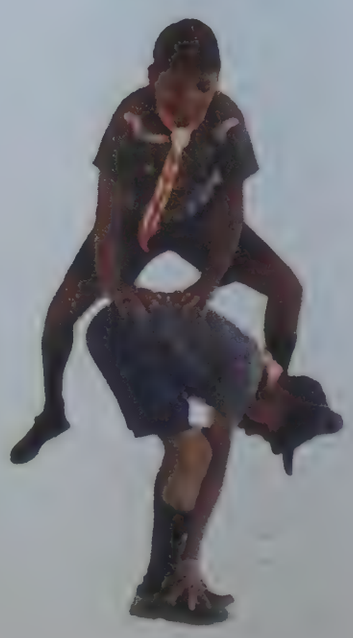
(E) Balance walk (F) Throw and catch a ball from three meters.

Somersault:

Turning a somersault is rolling head-over-heels on the ground. The important things to remember are that they should keep their shoulders rounded and their chin tucked in. See then they don't be content with just managing to roll over. You must see if, after turning, they can get up without having to use their hands to help.

Leap frog:

When they first learn, let them try going over someone about their size, or a little smaller. Get him to stand with his back to you, to bend down and tuck his head well in (if he stands with his feet a bit apart and grasps his leg with both hands he will be least likely to topple over.) Now allow to take a run up to him, put both his hands on his back and leap over - legs well apart. One should try and go over absolutely squarely and put as little weight on him as he can.



Hopping:

Hopping is a matter of practice. One should try to hop like a bird and not like an elephant. Here again one must hop on his toes and not on his flat foot. This exercise teaches him how to balance and he should try hopping a figure-of-eight course on the right leg when bending to the right and on the left leg when bending to the left.

Hopping is done with one leg as in the figure. The Cub need not be hopping all the distance in one and the same foot. He is permitted to change. As the Cub Master, you may take account of the Cub's age and ability and decide whether he may change his foot once during the test or more than once and if so how many times. For an ordinary boy of Cub age just one change would be sufficient.

Skipping:

If a Cub has never learnt to skip at all get two friends to turn the rope for him at first and use all his brain in learning to jump property and at the right time. Position is stand straight upright, shoulders down, his toes just touching the rope. Ready? Right!. There it goes over his head. Now jump, heels together, toes out and as he bends let his knees bend slightly outward. A little jump in between each big one when the rope is over his head - this will help to keep him steady and in time.

Now train him try turning the rope himself. Start with it in front of him and keep his back straight all the time. Doesn't land like an elephant on its heels -practise being as nimble as a mountain goat (if one can and make no thump at all by jumping on his toes? He will have to skip 15 times forwards and 15 times backwards and alone, for his Pratham test, so he should take care to practise at home. Some boys may think skipping is girlish, but Cubs are more sensible than that. They know that footballers and boxers use this sort of exercise to help to make them fit.

Balance walk.

Train the Cub to try walking with a weight upon his head. A weight of about one Kilo gram - not anything too stiff or too solid - and see how far a Cub can walk with it flat on his head. If he slouches it will soon be on the floor, but if he walks with his shoulders straight and his chin slightly up - well, there's no knowing how soon he will be able to rival a muffin man! If he finds it very difficult, because he got a funny shaped head, try it with his Cub cap on. A distance of 15 Meters be marked on the plain ground. The Cubs should walk the distance with a weight of about one Kilo gram on his head without holding the weight.

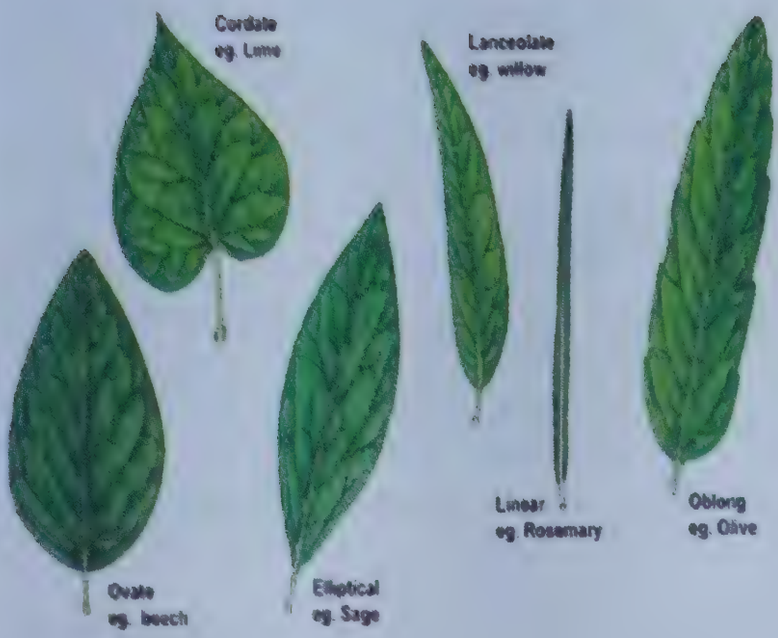
Throw and catch a ball from three meters.

Throwing and catching a ball is a matter of practice and good eyes. When a ball is to be caught, the Cub should make a cup of his hands and when the ball strikes them draw them back a bit and grip hold of the ball at the same time. If the hands are held out flat, the ball will bounce out again; if held wide apart the ball will slip through. The ball to be watched from the time it leaves the other fellow's hand and the Cub a catching should move to where he thinks it is going to land. He should not stand still all the time and expect him to do all the hard work for his. The test for the Pratham Charan is to throw a ball six times (using either hand) so that a Cub three meters away can catch it. Catch a ball, both hands together, thrown to him from a distance of three meters four times out of six.

6. Make a collection of five different leaves and flowers. Paste and label them in a scrap book.

Cubs should collect five different leaves, five different flowers and paste them in a scrap book and write the name of each under each leaf or flower as shown below. He must know how to preserve the leaves and flowers collected by him. He must know the names of them. Name of the leaves/flowers to be written under each. He should use proper pasting materials. Proper care must be taken to prevent the consecutive pages getting pasted together.

The leaves or flowers may be properly placed to give a nice appearance. Train them to do their best to present the scrapbook in a presentable manner.



7. Be able to tell time by clock

Long ago, when nearly all a man's time was taken up in catching, killing and eating his dinner and in resting after all that had happened, no one needed to know the exact hour of the day or night. Now people have so many things to do that they need to know the time to the "very second".

Most of the children of Cub age are familier with clock and that 60 seconds make a minute, 60 minutes make an hour, 24 hours one day and night.

On this page is a clock face. There are three hands (a big one, a little one and a red one), twelve figures, and sixty little lines on it. The little hand moves slowly round the clock face and when it is pointing at or near a figure, that figure is the hour of the day or night. (Take another look at the picture, you will see that the little hand is pointing near 10).

The big hand moves far quicker, for it tells the minute and has to pass all those sixty little lines - from twelve to twelve while the little hand is going between two figures.

The twelve figures really only mark the hours, but because it would be such a nuisance to have a count those little lines every time we want to know how many minutes it is to, or after, a certain hour clockmakers have arranged them so that every one of them marks

five minutes - the figure 2 is twice five minutes after the hour., that is ten minutes past, the figure 8 is four times five minutes. The 3 is a quarter of sixty minutes (three times five) past; the 6 half past and the 9 a quarter to the hour.

Can you tell me what the time would be if the little hand is between 3 and 4 and the big hand at 5? Why, twenty five past three, of course.

Ask them to prepare a model clock with hands that move. They will soon be experts and when a poor old lady who can't see very well asks them, "what is the time"? they will be able to tell her and not have to say, "I don't know."

Of course now a days digital watches and clocks are available from which we can find the time directly.

8. Know whipping, tie a Reef knot and clove hitch and learn their uses.

Whipping:

The object of whipping the end of a rope is to prevent it from fraying. Binding strands so tightly with thread preferably twine, so that they cannot untwist. Better train them to run the thread through wax, soap or candle grease before use.

Different kinds of whipping are in vogue; but the Cub should know the common whipping and sail maker's/west country whipping.

1. Pass the working end around the anchorage point from front to back.

2. Begin to wrap the working end around the rope, trapping both legs of the bight within the initial turn. Wrapping turns are made in the opposite direction to the lay of the rope, so that any tendency for the rope to unlay will tighten the whipping.

The common whipping is tied by laying a loop along the rope and then winding a sufficient number of turns around the rope and over the loop. The running end is passed through the top of the loop and the other end is pulled and the running end drawn approximately half-way into the whipping. Finally the ends are trimmed close.

Length of whipping to be equal to the Circumference of the rope.

3. Continue to wrap tightly towards the rope's end, taking care to keep each turn snugly and neatly against the preceding one. Continue until the whipping is at least as long as the diameter of the rope.

4. Tuck the working end through the remaining portion of the bight.

5. Pull the working end to reduce the bight until it traps the working end; then pull harder, so that the working end is dragged beneath the wrapping turns. Stop when the interlocked elbows reach the centre of the whipping. Trim the ends.

REEF KNOT:

Most common and useful knot for joining the ends of the same rope i.e. to secure a parcel, or a folded tent, to tie rolls, bales, bundles etc., to tie the ends of a triangular bandage in first-aid.

1. Bring two ends of the same cord together in this case left over right.

2. Tie a half-knot and see how the two entwined knot parts spiral to the left, anticlockwise

3. Bring the two ends back together, but this time right over left.

4. Tie a second half-knot. Note that the two entwined parts helix to the right, anticlockwise the opposite of the first half-knot.

CLOVE HITCH:

For securing a rope to a spar – first and last knot in square lashing – useful when the strain is on both the sides – say, railing of kitchen area.

This can be made at the ends of or standing part of a rope. But the ends should also be fastened (twisted, seized or tied with half hitch) for safety.

1. Pass the working end around the anchorage point from front to back.

2. Bring the end forward and diagonally up across the front of the standding part (in this instance from right to left).

3. Take the working end down the back of the anchorage, so as to trap the standing part.

4. Then tuck the end up beneath the diagonal (forming what look like a letter N, or its mirror-image).

5. Use a drawloop if an easy quick release is required. Pull the standing part to tighten the knot.

9. Demonstrate any three of the following:

(a) Climb up a tree or a rope

Cubs always love adventure. It is really enjoyable to climb up a tree or a rope. Climbing a tree should be done with proper technique. If there is some nail or a portion bulging out, then the leg should be kept on it and the tree can be easily climbed. For climbing a rope a draw hitch or highway- man hitch can be done easily. The rope can be fixed and climbing could be done on the fixed end. In order to climb a rope, first of all let him catch the rope with two hands above his head and keep the rope which is below between his toe and

pointer toe finger and try to pull his body upwards and move higher and higher in the same way till he reaches the top.

(b) Ride a bicycle safely

A cyclist must have his cycle in good working order- the tyres must be in fairly good condition. He must have at least one brake in thorough working order, must possess a proper lamp, a bell and a reflector and must carry a small repair outfit.

A cyclist must be able to ride his bicycle satisfactorily, must be able to ride on level ground at the rate of at least 15 Kms per hour, must be able to mount and dismount by either pedal.

The cycle must be proper size for the cyclist.

A cyclist must learn the traffic signals used by traffic police and by drivers of vehicles, and use the latter whenever occasion arises.

A cyclist must read Highway Code. In every human activity there is a standard of conduct to which, in the common interest, we are expected to conform. The Highway Code is the standard of conduct for the road. Here are some extracts from this code which concern the cyclist.

General: Teach them the General Rules and the Rules of the Road. Before using the road we should be sure that we are familiar with the road.

Rule of the road: Keep as near to the left side of the road as practicable, unless about to overtake.Turn to the right to overtake.

Control of vehicle: Teach them always to keep a good lookout, especially when riding with dropped handle bars. They should look out for traffic signs and signals. They must remember that the faster they travel, the smaller is the margin of safety. They must always be able to pull up their cycle well within the distance for which they can see the road to be clear whether by night or day. They should take special care when it is foggy, when light is bad, or when roads are wet, slippery or otherwise dangerous. Train them to go slow in narrow roads or winding lanes, however, familiar they may be to them.

Duties towards other road users: They should remember that they cannot be certain of the movements of pedestrians. Let them

be ready for children who may run suddenly on to the road and for people who may step from refuge or footpath. Some care be taken for the hesitation of the aged and infirm and for the blind. They must be prepared to meet pedestrians and stray animals coming towards them on their side of the road.

When the traffic in front of them is held up they should not encroach on the off side of the road and thereby impeding other traffic. They should not attempt to gain a forward position in a traffic block by riding along the narrow spaces between stationary vehicles.

Train them not to ride close behind fast moving vehicles: They must always keep enough space to allow for their slowing down or stopping suddenly. Holding on to another vehicle be avoided.

Riding be always in single file whenever road or traffic conditions require it and never more than two abreast. Riding between tram lines; be avoided there is a danger that the wheels may skip when passing over the tram lines or catch in a central slot.

A straight course to be always followed and do not wobbling about the road.

Parcels or other articles or books are not to be carried which may interfere with the control of the cycle or cause damage to others.

Cross-Roads, Corners and Bends: Special care at cross roads, corners and bends be taken.

When turning from one road into another one must go slow and give way to any pedestrians crossing the roads. One should proceed with special care. When coming from a minor road into a major road, give way to traffic on the major road. Unless one has a clear view of the major road in both directions, one should not stop just before entering the carriage way of the major road.

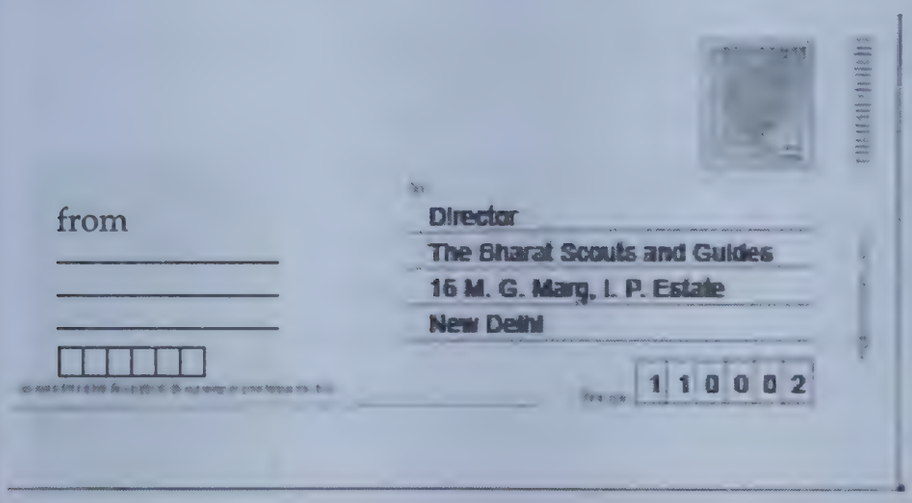
Overtaking: Normally overtaking should be avoided. If one wants to overtake, it is only from the right, except when a driver in front has signalled his intention to turn to the right. Before overtaking a vehicle which is about to stop or is stationary, or it is to be watched carefully to see if passengers are about to board or alight. Attempt to overtake should be avoided. By doing so, one is likely to create inconvenience or endanger any other road user. Overtaking at a pedestrian crossing should be avoided. Overtaking only if one can do so without forcing the person overtaken or approaching traffic to swerve or slacken speed.

Obstruction: When anyone wants to stop, it should be close to the side of the road and should not stop opposite a refuge, road repairs or any other obstacle.

Vehicle should not be left standing in such a position as to obstruct any pedestrian crossing. Vehicle should not be left facing the wrong way.

(c) Write address and affix stamps on an envelope for posting.

The address on an envelope should be written in such a way that it exactly reaches the person or place where it should reach. Train them to write full name and surname clearly, then mention the flat no. or room no. or door no. of the house, name of the street, Mohalla or lane. If possible mention opposite to or next to any known landmark. On the last line write the name of the district or Taluk, City and State with Pin code. Tell them that they should never forget to mention the name of the country while addressing a letter to a foreign country.



Train them that they should not forget to write their address with all detailed information to get back the letter if it is not delivered, here also they have to write their pin code. Writing the mobile number in both from and to addresses is also useful.

How to affix stamp

Teach them why stamps are to be affixed and how to affix stamp. Tell them that first of all the envelope should be weighed if heavy and use stamps according to the standard charges which are prescribed by the postal department which are revised from time to time.

The stamp should be affixed only on the top right hand side corner. This helps in franking easily. While sticking, they should use paste or gum.They should never use saliva.

(d) What to do, when National Flag is flown and National Anthem is sung or played.

When the flag is flown Cubs should stand in attention, facing the Flag as a sign of respect and sing the flag song and National Anthem together in proper tune.

The Cub must stand in attention till the end when the National Anthem is sung or played.

(e) Find out the meaning of the Badge given at the time of Investiture.

The Pravesh Badge has the Fleur-de-lis, which on the old maps indicated the north. Baden Powell took it as a sign of his scouts, who should never lose their head and the three points are the symbol of the threefold promise. Inside the Fleur-de-lis is super imposed the clover Trefoil, which is the guide emblem. This also represents the three parts of the promise. The Fleur-de-lis means flower of lily and the clover Trefoil is a wild grass grown in France.

The Fleur-de-lis is bound by a band which is called the brotherhood sign binding everyone together. In the centre is the Ashoka Chakra which is the National emblem and which indicates the 24 laws of King Asoka. It also gives us the inspiration that we should unite and work together 24 hours of the day and move forward.

How is the Indian Badge different from the Pravesh Badge of the world?

In India we have the Guide wing and the Scout wing working together as the Bharat Scouts and Guides is a Joint Movement and both the Scout and Guide emblems are in the Membership Badge. Elsewhere in the world the Scout and Guide wings function

separately. As the Ashoka Chakra is the National Emblem,it is only used in the Indian membership Badge.

(f) Use of basic Communication device (telephones, cell phone, web phone, internet)

"Hello", now a days the telephone is often used in an emergency as well as for pleasure. So teach them they must know how to use such a device as well as being trained to send and receive messages. Train them how to keep the hearing end near the ear and speaking end near the mouth, how to speak in a clear and a very low tone but loud enough so that the person on the other side can hear and understand what he says.

Telephone conversation should be short and to the point. Before a person dials, he must note down every point he intends to talk about so that he can save time and money also. Always keep a note book and a pen handy near the telephone so that one can take down messages.

They must be trained to keep a telephone diary with them in which telephone numbers of the Cub Master and Sixer are there so that they can call them whenever need arises.

Smart mobile phones with camera, games, internet etc., are available now a days. Teach how to use them properly.

If facilities available instruct them how to get internet connection and how to browse safely and tell how to protect them from internet harms. Teach them how to search the contents required for the studies and school projects and how to find direction using internet. Also tell them how to save computer from virus.

10. Be able to sing National Anthem and BSG Flag song.

Jana-gana-mana-adhinayaka jaya he
Bharata-bhagya-vidhata
Punjaba-Sindhu-Gujarata-Maratha
Dravida-Utkala-Banga
Vindhya-Himachala-Yamuna-Ganga
uchchala-jaladhi-taranga
Tava Subha name jage, tava Shubha asisa mage,
gahe tava jaya-gatha

Jana-gana-mangala-dayaka jaya he
Bharata-bhagya-vidhata.
Jaya he, Jaya he, Jaya he,
Jaya jaya jaya, jaya he.

Time: 52 Seconds **Author - Rabindranath Tagore.**

BSG Flag Song:

Bharat Scout Guide Jhanda Uncha Sada Rahega
Uncha Sada rahega Jhanda Uncha sada rahega.
Neela Rang gagan sa vistrit Bhratru bhav phailata,
Tridal kamal nit teen pratignaon kee yad dilata.
Aur chakra kahta he pratiphal aage kadam badhega.
Uncha Sada rahega Jhanda Uncha sada rahega
Bharat Scout Guide Jhanda Uncha Sada Rahega

Time: 45 seconds Author - Dhaya Shankar Bhat

11. Be able to tell Jungle Story up to Kaa's Hunting

JUNGLE STORY PART II

As days went by, Mowgli bonded well with the Pack. He learnt all the laws of the jungle from Baloo. He understood the rules and regulations and was ready to face any kind of inference. Bagheera, the great hunter taught and trained Mowgli in all the different hunting skills. Mowgli observed the different animal languages and passwords that he heard in the forest and practised them with the help of Baloo and Bagheera.

Mowgli was taught the behaviours and actions of the animals that inhabited the Seeonee forest, like the fact that lions and tigers were afraid of mad foxes and all the animals in common were afraid of fire (red flower) Baloo alarmed him that the Bandar log (monkey world) had neither a leader nor any rules to follow and Bagheera taught him that the Bandars had no steady mind.

One fine day, when Baloo and Bagheera were fast asleep, the Bandars had kidnapped Mowgli.

On the way to the Bandar log, Mowgli met Chill (an eagle) and told him in the language of the birds to inform Baloo and Bagheera about his being kidnapped. In the meantime Baloo and Bagheera had got up and soon were tired of searching Mowgli in all the usual places. They got worried and did not know what to do. At that moment, Chill informed them that Mowgli was carried by the Bandars to the Bandar log in Cold Lairs. Baloo and Bagheera were shocked to know that Mowgli was in the hands of the Bandars. After thinking for a while they realized that the whole of Bandar log feared none other than Kaa (the python). While they were in search of Kaa, they met Hathi (Elephant) on the way. Hathi told them that Kaa was resting at the warm rock after a heavy meal. Immediately they rushed and explained the situation to Kaa and asked for help. Since Kaa did not respond, they suddenly thought of a plan and told her a lie that the Bandars had called her a big yellow worm (lazy earth worm). Kaa was furious at the Bandars and they immediately rushed to Cold Lairs.

As soon as Kaa entered, the Bandars got frightened and threw Mowgli into a pond which is in the middle of Cold Lair. The snakes in the pond started attacking Mowgli. He cleverly used the pass word in snakes' language and made the snakes his friends. The Snakes were very happy and provided him some food to eat and played with him. Kaa saved Mowgli from the Bandars by dashing his head over the doors to open and handed him over to Baloo and asked them to leave the place at once. Kaa started eating the Bandars. Kaa was having a heavy sumptuous meal. Bagheera heard the voice of Mowgli and rushed out of Cold Lair with him after fighting a long battle with Bandars. At this sight Baloo who was waiting outside Cold Lairs was very happy to see Mowgly back and alive with Bagheera and all of them left the place happily. Mowgli had learnt a good lesson.

12. Know Jungle Dance - Baloo and Kaa Dance.

THE BALOO DANCE:

In the Jungle Book, Baloo, the bear, was the animal who taught the law of the Jungle to Mowgli.

The Cubs are in Parade circle.

When Akela gives the order "Baloo", every Cub turns to his right and follows his leader, marching very slowly and stiffly, as proud as a Punch, with his stomach forward and his elbows sticking out, chin in the air, looking left and right in a haughty way; and as he goes along he gives out the two parts of Cub Law in a loud voice, so that everybody shall know them - "A Cub is obedient. A Cub is clean and polite".

They take one step forward for each syllable and move in the circle twice and turnabout and repeat the same.

When you give the signal or order to halt, the Cubs at once stop, turn inwards and stand strictly at Attention till they get further orders.

The hunger dance of Kaa.

The leader is Kaa's head and the rest of the Pack are the tail behind him, each holding the Cub in front of him and following the head wherever it goes, moving as slowly as possible and keeping step with the Cub in front of him.

The head quietly glides along on a track like the figure of eight and then

winds his tail up into a circle, gradually getting smaller and smaller, until he turns round and works his way out the figure again which we call the "Spiral."

Train every Cub to keep on hissing during the whole performance and walk sliding his feet along without making the slightest noise, so that the whole body sounds like a snake rustling through the grass, making occasionally hissing louder which is the snake's way of calling its friends.

When Kaa has thus coiled and uncoiled himself, the leader gives the command "Bandar log" and at once the snake breaks up and each Cub runs about his own way, imitating the monkeys.

One runs as if on urgent business in a certain direction and suddenly stops, sits down and looks at the sky. Another dances on all fours round and round without any real object. Another hunts his own tail. Others climb imaginary branches and sit down and scratch in the middle of it. One keeps running round in a figure of eight. Another creeps on all fours up to some imaginary enemy and then suddenly sits down and looks up at the stars. Another runs after his own tail, walks a few paces and then runs after his tail again. Another keeps perching, picks up an imaginary straw and examines it and prances again. Another turns head over heels, sits up and scratches himself. Another walks very hurriedly for a few paces as if on an important business, stops, forgets what he is going for, scratches his head and walks rapidly again in a new direction and do the same thing over again.

It is your duty as Akela, to supervise while they are in action, train and correct them when they are wrong until you feeel it is perfect.

In fact, let the Cubs do any silly things they like such as monkeys do, but not take any interest in what anybody else is doing. Let the Cubs be very busy all the time and do all the different things in turn, the whole time Akela keep on giving the monkeys call. All will be in a state of confusion doing aimlessly silly things and all will at the same time give the monkey's cry - Goorrukk, goorrukk how, how, goorrukk. As AKELA, train the Cubs to the activity until they understand the meaning of their every action. Sure, they will enjoy playing this game - All depends upon your orders, supervision and training.

Suddenly the leader shouts "Kaa". The monkeys freeze with horror, for they know, only too well, what their terrible enemy will do to them.

The Cub who forms Kaa's head stands up with arms out-stretched, thumbs, clasped, head down, and slowly swings his body to and fro. He hisses once and all the monkeys take an unwilling step forward. He points out one of them. The frightened victim crawls forward between his legs and is swallowed; Then they become the tail behind the leader, as in the first part of the Dance. Perhaps a dozen monkeys go this way, one after the other and so reform the body of Kaa; the others slowly move round to the back and retake their places as his tail. When all have joined up, the snake moves heavily round in a circle and then lies down and goes to sleep after his heavy meal.

This is done by all lying down one after the other starting with the tail.

As soon as the head of Kaa has wound round into a fairly close circle, each Cub should take short steps. The last Cub in the tail then should sink down very slowly; the pressure of his hands upon the shoulders of the Cub in front draws him down also, until the whole body of Kaa is lying down except the front three Cubs. These three, led by the head of Kaa, sway for a moment, the head looking round and about, before finally sinking to rest.

After this Akela gives the order- "Pack" ; they form Parade Circle at once.

13. Attend at least 8 pack meetings.

You are maintaining the attendance of the Cub and marking their presence in every Pack Meeting. Definitely you know that they won't miss even a single Pack Meeting because we know that they are very much interested in the Cubbing activities. But as a criteria they have to attend at least 8 Pack Meetings to qualify the Pratham Charan Badge.

14. Be able to tell the name, address and telephone/ mobile numbers of his parents.

Please instruct your Cubs to know the following:

Name - Include **Shri/Smt.** or **Mr/Mrs/Dr** before their Parent's name

Address - Always tell the address clearly and legibly giving the number of the house, flat number or Plot number, name of the house if any,name of the locality / street, name of the city and the PIN code. Knowledge of Pin Code is very much essential.

Telephone - Mention STD Code before the telephone number

Mobile - Able to tell the 10 digit mobile number and also the e-mail ID of his parents.

On completion of the Tests, the Pravesh Cub shall be awarded the Pratham Charan Badge by the Local Association or the District Association, as the case may be on the recommendation of the Cub Master. The Pratham Charan Badge is a cloth Badge.

It is worn above the Bharat Scouts and Guides name stripe.

Pratham Charan Badge is a cloth badge. The background shall be blue in colour and the star shall be a five pointed star in white.

A Pratham Charan Cub works for at least three months to qualify for Dwitiya Charan.

Presentation of Pratham Charan Badge.

A) Pack in the parade circle, Akela stands in the centre. A.C.M's etc, outside the circle behind Akela.

B) Akela calls the Cubs concerned into middle of the circle and they stand in front of Akela facing him.

C) Akela briefly explains, that the Cub has got one eye open and is on the way to becoming proper Cub and progressing.

D) Akela hands each of the Cub his badge, to sew it later.

E) Pack then gives the Cub the pack yell.

F) Cub re-joins his six and ceremony is over.

DWITIYA CHARAN

BADGE - REQUIREMENTS

1. Know from your parents about a few important people in your village/locality and tell about them to Cub Master.
2. Learn from your parents about the care to be taken of brittle, sharp and valuable things in the house.
3. Prepare a handicraft out of waste material or do clay modelling
4. Observe flowers in the garden. Trees in the locality/ mohalla and make a chart fixing ten flowers and ten leaves.
5. Be able to preserve things collected by you.
6. Tie a Sheet bend and a Fisherman's knot and show their uses.
7. Render First aid for small cuts, burns and scratches.
8. Along with your Six, do a good turn in school/locality under the supervision of the Cub Master.
9. Demonstrate any three of the following:

A. Maintain your own bed daily for at least a month.

B. Know the importance of National Flag.

C. Sow seeds and grow a plant. The growth may be recorded and reported to the Cub Master. Or Prepare a Bird feeder OR a fountain and maintain it for two months.

D. Draw or paint a picture of any subject of your choice.

E. Trim fill, light and put off a hurricane / lantern, light a candle with match box or know the use of Emergency light and how to charge it.

F. Run for five minutes or cycle for three minutes along prescribed route with verbal message of not less than ten words and deliver it correctly.

10. Participate in at least two All Faith Prayer Meetings.
11. Participate in Kim's Game.
12. Know about Bagheera Dance.

13. Know about the 3Rs of conservation i.e. Reduce, Recycle and Reuse.
14. Follow a trail not less than half a kilo meter and not exceeding more one kilometre.
15. Attend at least eight pack meetings as Pratham Charan Cub.

1. Know from your parents about a few important people in your village /locality and tell about them to Cub Master.

It is always good to know about the important and influential people in the locality as they help us whenever need arises.For instance if we need them in Education field, Municipality work and even for the betterments of our locality, it is very important to keep knowledge about such people.

The Cub Master should sort out and prepare a list of people of local area.

A) Important People in the Village (Rural Area):

I. Sarpanch
II. Village Hakin / Village officer/ Panchayat President
III. MLA/MLC/MP/Retired Official
IV. Any good natured, philanthropic person
V. Industrialist or land lord.

B) Important People (Urban Area)

I. MRO/Municipal Chairman/Executive Officer
II. Doctor/Physician/Surgeon/Police Officer
III. MLA/MLC/MP
IV. Any good - natured, service -minded person
V. Industrialist / Capitalist / Important Govt. Official retired / in service and acquaint himself with their lives and how they serve the people.
VI. President of other voluntary organisations such as Rotary, Lions Clubs, etc. The Cub Master should explain to the Cubs how these Govt. and non Govt. people will help in times of need. So the Cubs should be motivated to contact their parents and get the names of at least 5 important persons and inform the Cub Master about them.

2. Learn from your parents about the care to be taken of brittle sharp and valuable things in the house.

SAFETY AT HOME

Amazing as it sounds next to bring in an automobile or under its wheels, home is the most dangerous place in the world, according to the statistics of accidents. The reason why home is so dangerous is that people spend much of their time there and it is very easy to be careless inside the house.

Children: Little children are ignorant of the dangers of many injurious contrivances. The first rule of safety at home then, is to keep out of reach of little children such contrivances as match-sticks, blades, razors, knives, sharp or pointed instruments, medicines and electronic items.

But they should not be kept indefinitely avoiding. Teaching the little ones how to use these instruments safely and to be kept out of reach of the children.

Unsafe toys: Celluloid toys are inflammable; Marbles and such other small materials as peas etc. may easily find a way into the ear, nose or throat of a child. Pea-shooters and air guns may be aimed at men or other children. Very often children imitate elders in their games. Thus, in imitating a barber they may cut the throat of other children, or in imitating a doctor may poke other children with dirty big needles.

Falls: WALK, DO NOT RUN, might well be the most important safety habit Cubs can practise at home. Walking instead of running will prevent them from slipping or tripping.

The next thing would be the "PICK UP" and "Straighten up" habit. The Cubs are to be trained to pick-up any stray thing that might be lying about on the floor and straighten up or arrange or put into proper place and order things like furniture, pots, etc. that may be out of place or position. A grandmother may break her spine by stepping unknowingly on a roller skate left on the stairs.

They should be sure there is nothing to trip over in their home. They must put away their own things when they have finished with them - their roller skates, their cricket bat, etc. They can be advised to teach/ train their younger brothers and sisters to put away their toys after

the play is finished, to keep chairs back where they belong after they had used them and to keep stairs and hall ways clear of obstacles.

Children will not fall if they plant both feet firmly when they stand up in the bath tub or on the bath room.

Dispose of broken Glass: Broken glass or porcelain wears to be disposed off. First they must remove the bigger pieces with brush, or with two pieces of cardboard, never with their bare hands, pick up all the tiny splinters with a piece of wet cotton, wrap everything safely in paper and throw the whole bundle in the rubbish can.

Pins and Needles: These small articles should not be found around anywhere and everywhere especially not on chairs and beds not even on the floor. If pin or such article to be thrown away, wrap it up in paper before entrusting it to the care of the waste paper basket or dust bin.

Tins and bottles: Open Soda water bottles and biscuit tins are to be landed carefully and properly. A rough edge of a biscuit tin will delight as much in cutting one's finger, as will delight in taking a biscuit out.

Doors and windows: One should never lean out of windows; railings are to be provided for low windows.

Stopper to to be used for windows otherwise they might swing and bang and send down some pieces of glass onto the road below.

One should never bang a door into the face of somebody. Fingers or toes may get caught while banging.

Furniture: No one should ever pull too hard the door of a cupboard. It may topple over on the person pulling.

Hiding inside a cupboard even for purposes of surprise and fun or a game is dangerous

While trying to reach a high spot, more than two or more articles of furniture balanced one on top of another, should not be used. There must be somebody strong to help prevent such furniture from slipping or toppling. Preferably a ladder to be used with some one's help.

The ladder should not be rickety, that it does not have a loose or weak or absent foot bars. It should be ensured that it won't slip away, by way of digging small ditches for the side poles if you are

in a garden, or somebody should hold the ladder when the person is climbing in a garden.

Burns:

While carrying a bucket of hot water, the person carrying hot water should not dash someone else and vice versa.

Before taking bath in hot water, the water should be felt with hand at least.It may be too hot. (A Scout never takes a hot bath. In cold season he may utmost take a warm bath). Before using a hot water bag on to a patient, it should be felt and checked.

Safety Guidelines:

- When using Razor, Knife, axe or any sharp tools concentration to be only on the work.
- While one is shaving or being shaved there should not be any jerk or one should not give a jerk to the person who is shaving. It harms him.
- Never jerk or make somebody jerk his/her hand or body when anyone is using a knife, the person should not be given jerk as it is harmful.
- The door should not be locked when someone is inside the room/car; they may get suffocated.
- The drawer of the table should not be banged as the finger may get caught or jammed.
- Short person should not climb on the lower shelves of the cupboard as it may topple over.
- Foolish trick of removing the chair just at the time of someone going to sit on it. Keeping a pin or needle or anything in a chair just when somebody is going to sit down on it is dangerous. All these are to be avoided.
- A rickety article of furniture at home should not be kept unrepaired. It should be repaired earlier for safety.

Electric Fans: Ceiling fans must not be too low; table fans must be properly guarded with metal frames. Cleaning of furniture or wall or ceiling near a fan should be done after stopping the fan.

3. Prepare a handicraft out of waste material or do clay modelling.

HANDICRAFT OUT OF WASTE

CLAY MODELLING

There are many kinds of clay for modelling, but this is the cleanest.

THE THINGS NEEDED

- ✓ A large bowl or basin.
- ✓ 2 cups of plain flour.
- ✓ 1 cup of salt
- ✓ 1 tablespoonful of powdered alum (This can get it from a chemist)
- ✓ About one cup of water. All these to be kept on an old Tray and the Tray on some sheets of old Newspaper.

WHAT is to be done?

1. Teach them to mix the flour, salt and alum together in the bowl.

2. Water to be added in small quantities and mixed well until it is firm enough for modelling. Care to be taken that it does not become too watery.
3. Modelling to be started and one can let make shapes harden according to their wish.
4. Clay can be coloured with dyes, inks or cake colourings.
5. If this *prepared clay, is not used, it can be kept in an air tight jar.*

Animal models birds, and a lot of other things can be made. It is left to the idea of the imagination of Cubs such as a model farmyard.

4. Observe flowers in the garden. Trees in the locality / mohalla and make a chart fixing ten flowers and ten leaves.

There is one variety with pure white flowers. The tree is easily propagated from seeds and cuttings.

For collecting information about the trees in the surroundings the following points are to be noted.

1. TREE:

I. Height,
II. Shape of general form
III. Manner of branching
IV. Bark -colour, ridges, surface,
V. Leaves-simple, compound
VI. Flowers - calyx, corolla, stamens, pistil,
VII. Fruit - dry, pulpy
VIII. Seed.

NEEM TREE (Azadirachta Indica):

Neem is a fast-growing tree that can reach a height of 15–20 metres (49–66 ft), and rarely 35–40 metres (115–131 ft). It is evergreen, but in severe drought it may shed most or nearly all of its leaves.

The branches are wide and spreading. The fairly dense crown is roundish and may reach a diameter of 15–20 metres (49–66 ft) in old, free-standing specimens. The neem tree is very similar in appearance to its relative, the Chinaberry (Melia azedarach).

The opposite, pinnate leaves are 20–40 centimetres (7.9–15.7 in) long, with 20 to 31 medium to dark green leaflets about 3–8 centimetres (1.2–3.1 in) long. The terminal leaflet is often missing. The petioles are short.

The (white and fragrant) flowers are arranged in more-or-less drooping auxillary petroles which are up to 25 centimetres (9.8 in) long. The inflorescences, which branch up to the third degree, bear from 150 to 250 flowers. An individual flower is 5–6 millimetres (0.20–0.24 in) long and 8–11 millimetres (0.31–0.43 in) wide. Protandrous, bisexual flowers and male flowers exist on the same individual tree.

The fruit is a smooth (glabrous), olive-like drupe which varies in shape from elongate oval to nearly roundish, and when ripe is 1.4–2.8 centimetres (0.55–1.10 in) by 1.0–1.5 centimetres (0.39–0.59 in). The fruit skin (exocarp) is thin and the bitter-sweet pulp (mesocarp) is yellowish-white and very fibrous. The mesocarp is 0.3–0.5 centimetres (0.12–0.20 in) thick. The white, hard inner shell (endocarp) of the fruit encloses one, rarely two or three, elongated seeds (kernels) having a brown seed coat.

Neem leaves are dried in India and placed in cupboards to prevent insects eating the clothes, and also in tins where rice is stored. Neem leaves are dried and burnt in the tropical regions to keep away mosquitoes. These flowers are also used in many Indian festivals like Ugadi. As an ayurvedic herb, neem is also used in bath.

As a vegetable

Tender neem leaves are used as medicine, in Ayurveda.

The tender shoots and flowers of the neem tree are eaten as a vegetable in India. A soup like dish called Veppampoo charu (Tamil) (translated as "neem flower rasam") made of the flower of neem is prepared in Tamil Nadu. In West Bengal, render neem leaves are fried in oil with tiny pieces of eggplant (brinjal). The dish is called nim begun and is the first item during a Bengali meal that acts as an appetizer. It is eaten with rice.

Neem is used in parts of mainland Southeast Asia, particularly in Cambodia (where it is called kadao), Thailand (where it is known as sadao or sdao), Myanmar (where it is known as tamar) and Vietnam (where it is known as sau dau and is used to cook the salad goi sau dau). Even lightly cooked, the flavour is quite bitter and the food is not enjoyed by all inhabitants of these nations, though it is believed to be good for one's health. Neem gum is a rich source of protein. In Myanmar, young neem leaves and flower buds are boiled with tamarind fruit to soften its bitterness and eaten as a vegetable. Pickled neem leaves are also eaten with tomato and fish paste sauce in Myanmar.

Traditional medicinal use

Products made from neem trees have been used in India for over two millennia for their medicinal properties. Neem products are believed by Siddha and Ayurvedic practitioners to be Anthelmintic, antifungal, antidiabetic, antibacterial, antiviral, contraceptive and sedative. It is considered a major component in siddha medicine and Ayurvedic and Unani medicine and is particularly prescribed for skin diseases. Neem oil is also used for healthy hair, to improve liver function, detoxify the blood, and balance blood sugar levels. Neem leaves have also been used to treat skin diseases like eczema, psoriasis, etc.

However, insufficient research has been done to assess the purported benefits of neem. In adults, short-term use of neem is safe, while long-term use may harm the kidneys or liver; in small children, neem oil is toxic and can lead to death. Neem may also cause miscarriages, infertility, and low blood sugar.

Safety issues

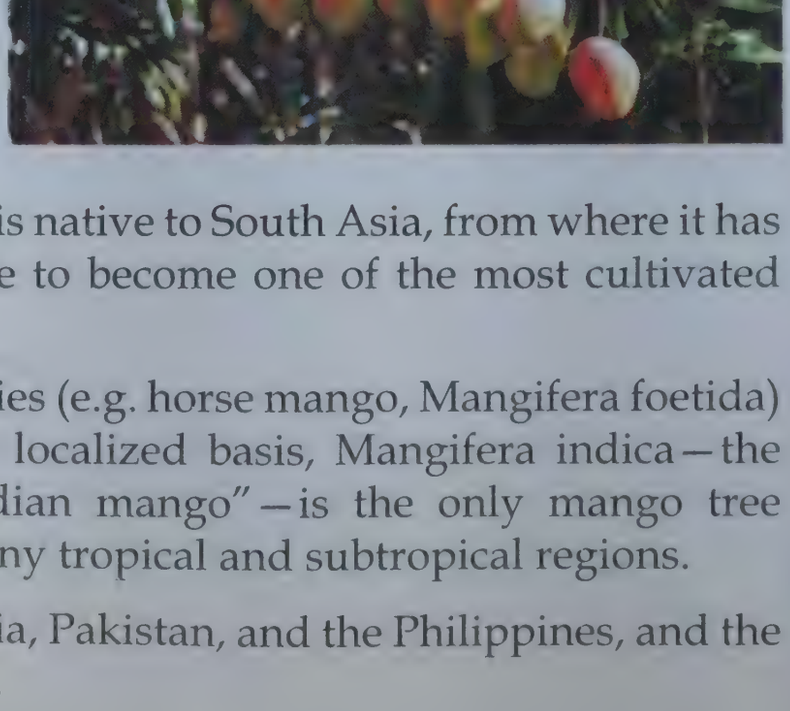
Neem oil can cause some forms of toxic encephalopathy and ophthalmopathy if consumed in large quantities.

Pest and disease control

Neem is a key ingredient in non-pesticidal management (NPM), providing a natural alternative to synthetic pesticides. Neem seeds are ground into a powder that is soaked overnight in water and sprayed onto the crop. To be effective, it must be applied repeatedly, at least every ten days. Neem does not directly kill insects on the crop. It acts as an anti-feedant, repellent, and egg-laying deterrent, protecting the crop from damage. The insects starve and die within a few days. Neem also suppresses the hatching of pest insects from their eggs. Neem cake is often sold as a fertilizer.

Neem oil has been shown to avert termite attack as an eco-friendly and economical agent.

Mango Tree (Mangifera Indica)



The mango is a juicy stone fruit (drupe) belonging to the genus Mangifera, consisting of numerous tropical fruiting trees, cultivated mostly for edible fruit. The majority of these species are found in nature as wild mangoes. They all belong to the flowering plant family Anacardiaceae. The mango is native to South Asia, from where it has been distributed worldwide to become one of the most cultivated fruits in the tropics.

While other Mangifera species (e.g. horse mango, Mangifera foetida) are also grown on a more localized basis, Mangifera indica—the "common mango" or "Indian mango"—is the only mango tree commonly cultivated in many tropical and subtropical regions.

It is the national fruit of India, Pakistan, and the Philippines, and the national tree of Bangladesh.

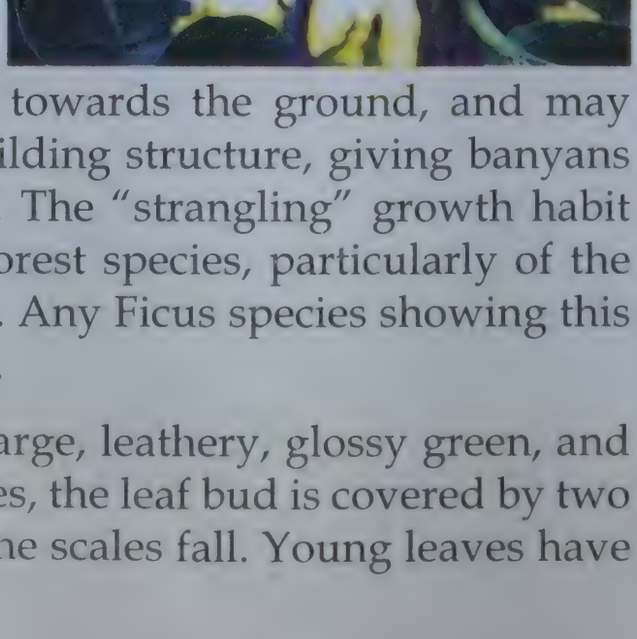
Mango trees grow up to 35–40 m (115–131 ft) tall, with a crown radius of 10 m (33 ft). The trees are long-lived, as some specimens still fruit after 300 years. In deep soil, the taproot descends to a depth of 6 m (20 ft), with profuse, wide-spreading feeder roots; the tree also sends down many anchor roots, which penetrate several feet of soil. The leaves are evergreen, alternate, simple, 15–35 cm (5.9–13.8 in) long, and 6–16 cm (2.4–6.3 in) broad; when the leaves are young they are orange-pink, rapidly changing to a dark, glossy red, then dark green as they mature. The flowers are produced in terminal panicles 10–40 cm (3.9–15.7 in) long; each flower is small and white with five petals 5–10 mm (0.20–0.39 in) long, with a mild, sweet odour suggestive of lily of the valley. Over 400 varieties of mangoes are known, many of which ripen in summer, while some give double crop. The fruit takes three to six months to ripen.

The ripe fruit varies in size and colour. Cultivars are variously yellow, orange, red, or green, and carry a single flat, oblong pit that can be fibrous or hairy on the surface, and which does not separate easily from the pulp. Ripe, unpeeled mangoes give off a distinctive resinous, sweet smell. Inside the pit 1–2 mm (0.039–0.079 in) thick is a thin lining covering a single seed, 4–7 cm (1.6–2.8 in) long. The seed contains the plant embryo. Mangoes have recalcitrant seeds; they do not survive freezing and drying.

Banyan Tree (Ficus Benghalensis)

A banyan (also banian) is a fig that starts its life as an epiphyte (a plant growing on another plant) when its seeds germinate in the cracks and crevices on a host tree or on buildings and bridges. Banyan often refers specifically to the Indian banyan (Ficus benghalensis), which is the national tree of the Republic of India,though the term has been generalized to include all figs that share a characteristic life cycle, and systematically to refer to the subgenus Urostigma.

Like other fig species (including the common edible fig Ficus carica), banyans bear multiple fruit in structures called syncarps. The Ficus syncarp supplies shelter and food for fig wasps and in turn, the trees are totally dependent on the fig wasps for pollination.



The seeds of banyans are dispersed by fruit-eating birds. The seeds are small, and most banyans grow in forests, so a plant germinating from a seed that lands on the ground is unlikely to survive. However, many seeds land on branches and stems of trees or on buildings. When those seeds germinate, they send roots down towards the ground, and may envelop part of the host tree or building structure, giving banyans the casual name of "strangler fig". The "strangling" growth habit is found in a number of tropical forest species, particularly of the genus Ficus that competes for light. Any Ficus species showing this habit may be termed a strangler fig.

The leaves of the banyan tree are large, leathery, glossy green, and elliptical in shape. Like most fig trees, the leaf bud is covered by two large scales. As the leaf develops, the scales fall. Young leaves have an attractive reddish tinge.

Older banyan trees are characterized by their aerial prop roots that grow into thick woody trunks, which can become indistinguishable from the main trunk with age. Old trees can spread out laterally, using these prop roots to cover a wide area. In some species, the effect is for the props to develop into a sort of forest covering a considerable area, every trunk connected directly or indirectly to the central trunk. The topology of this structure of interconnection inspired the name of the hierarchical computer network operating system Banyan VINES.

In a banyan that envelops a support tree, the mesh of roots growing around the support tree eventually applies very considerable pressure and commonly kills the tree. Such an enveloped, dead tree eventually rots away, so the banyan becomes a "columnar tree" with a hollow central core. In jungles, such hollows are particularly desirable shelters to many animals.

In Hinduism, the leaf of the banyan tree is said to be the resting place for the god Krishna.In the Bhagavat Gita, Krishna said, "There is a banyan tree which has its roots upward and its branches down, and the Vedic hymns are its leaves. One who knows about this tree is the knower of the Vedas." Here the material world is described as a tree whose roots are upwards and branches are below. We have experience of a tree whose roots are upward: if one stands on the bank of a river or any reservoir of water, he can see that the trees reflected in the water are upside down. The branches go downward and the roots upward. Similarly, this material world is a reflection of the spiritual world. The material world is but a shadow of reality. In the shadow there is no reality or substantiality, but from the shadow we can understand that there is substance and reality.

2. TIME OF FLOWERING AND LEAFING:

I. When do the first flowers appear and how long does flowering last?
II. Is the tree leafless when flowering?
III. When are the old leaves shed and when do new leaves appear?
IV. How long does it take for the fruit to ripen?
V. The Cub Master can take the cubs where these trees are available and ask them to observe its trants, branches leaves, flowers, fruits (if any) and explain to them according to their level.

1. **NATURE OF THE COUNTRY AND SOIL:** (Soil: rocky, sandy, clay etc.)
2. **DATE:** Date of observation. INDIAN FLEABANE (Vernonta cinerea) this small herb, bearing tiny brush like flowers, is found throughout India in the country side and also as a weed in fields and gardens. Everywhere we can see many species of this plant having white, pink, violet, reddish or purple flowers. GLORY LILY (Glortosa superba)

Very few flowers can surpass the gorgeous beauty of the Glory Lily. The array of changing colours of the delicate curved petals with heavy margins is something peculiar to the flower. The bud is pale green and as it grows, it passes through various shades of yellow, finally opening out with golden yellow petals. In a day or two, bright red colour appears at the tip of the petals and spreads down to the base,changing to blood red.The petals finally turn to brick red when the flower dries up, about a week after its opening. It is found, in all over the country.

The Cub Master should give the Cubs how to collect necessary things and take care for preservation.

5. Be able to preserve things collected by Cubs.

Every small thing on this earth has its own value and importance and a Cub is very fond of collecting such things. Hence he should be taught how to preserve them, so that he understands the value of them and can use them whenever need arises. One can use a thing only when it is kept in proper place i.e. A place for everything and everything in its place, this quotation clearly means that everything should be preserved in proper place for handy use.

Preservation is also done to give it a long and lasting life. Every little thing has its own style of preservation such as: Stamps, Certificate, leaves, flowers and Books etc.

Teach the following.

I. First to make different categories of collected things.
II. To keep them clean so that these are not spoiled.
III. To keep them properly in a box made of wood or of other material or in a show case.

IV. to check them from time to time,

V. to clean and dust them from time to time.

VI. to keep these articles out of reach of children.

VII. to take special care of valuable and brittle things.

VIII. to mention on every article, the date and place of collection.

IX. to start stamp collection. They can get information about stamp collection at any post office.

X. to mount and display a collection of patches, coins, or things to show at a pack meeting. Stamps can be kept in the stamp album. Shell and rock collections: Keep them in empty egg cartons.

XI. to mount the collections for display on a board.

XII. to collect Small stones.

6. Tie a Sheet bend a Fisherman's knot and show their uses.

SHEET BEND:

The most suited knot to join the ropes of equal or unequal thickness – very good for dry ropes. This is to make a rope fast to a loop. Also used to tie a rope to a sheet.

Let the two ends come out on the same side of the knot for a better grip. Care to be taken to tie a thinner rope on to the thicker and not vice-versa.

1. Create a bight in the end of the rope to be tied.

2. Take the second rope and tuck it up through the bight.

3. Pass the working end beneath the bight.

4. Tuck the working end beneath itself in such a way that both short ends are located on the same side of the completed knot (with many materials, it seems to be more secure this way).

FISHERMAN's KNOT:

Another reliable joining knot - most preferred, when the joining material is gut nylon, silk or some other than the usual string or twine - recommended for joining wet ropes and thin or slippery lines. Better if the ropes are of the same thickness

1. Lay the two lines parallel and close to one another, tying an overhand knot with one end around the standing part of the other.

2. Turn the half-completed knot end-for-end and tie an identical overhand knot with the oher end. Pull first on both working ends to tighten the individual knots, the on the standing parts to unite and tighten the knot.

7. Render First-aid for small cuts, burns and scratches

Cuts and Scratches:

You can probably find all you want about this refere the book on the First Aider Badge, but in case you are not able to get hold of a copy, here are a few useful hints for you.

All cuts, scratches and grazes should be made clean as soon as possible. Dirt left in them can cause the hurt to fester or go poisonous and that can give the patient a very bad place indeed. It is most important to clean all wounds and the best way of it is that if it is on a hand or foot put it under cold running water from a tap. Bleeding a bit from a graze or a scratch does not do any harm because that will help to wash out the dirt. But if there is a serious cut where the blood spurts out, press the thumb on the place where it is spurting and get help either by yelling for it or by taking the patient, if he is able to move, to the first grown-up. Do not try to deal with the kind of cut that looks serious or is absolutely pouring blood, other than by pressing it hard to keep the blood in and by getting help immediately.

One very important thing must be mentioned here; before any attempt to clean up any cut or graze or, in fact, to touch it at all, the first aiders hands to be well washed otherwise it may only put dirt back again into the cut. All bandages, bowls and hands should be absolutely clean when dealing with open wounds. It is wise to bandage an ordinary cut finger after it has been washed well because it should not be go on bleeding too much. So, first aiders hand should be clean and then make the patient sit down and get him to hold up the cut finger. A a clean pad of lint to be put on the wound, not the fluffy side on for it will stick and then bandaging. A turn or two round the wrist to be given first to keep the bandage firm, then to be brought across the back of the hand and

round the finger several times, firmly but not too tightly and to be formated by taking it back to the wrist, round it once and be fixed with a pin, or split the bandage and ended with a reef knot. The Cub Master should give practice to the Cubs bandaging on an adult who knows how to do it, because it is quite difficult to get just the right tightness of the bandage.

Burns:

Burns can be caused by:

- ✓ Flames (e.g. clothes on fire)
- ✓ Contact with hot objects (e.g. hot iron)
- ✓ Hot liquids (scalds)
- ✓ Friction (e.g. rubbing on rope or revolving wheels)
- ✓ Chemicals (e.g. touching a live point)
- ✓ Radiation (e.g. sun or X-rays)

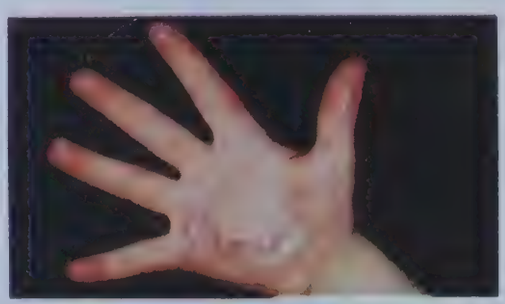
Destruction of surfaces touched by a hot object or by flame is the obvious result of burns. But it is the way that heat penetrates the deeper tissues and as it remains there, that is the main damaging factor. Immediate cooling of the burnt area takes first aid priority over applying dressings. Where the burn is extensive you must also guard against the dangers of shock to be taken.

First Aid

1. Clothes on fire: First the flames to be smothed immediately with thick large cloth available (blanket, rug, towel). If it is wet, so much the better, but not to be delayed to moisten it. To exclude air press it down. A victim who panics and runs around makes matters worse by fanning the flames. The victim is to be got to the ground with the burning part upper most and if possible cast the smothering cloth from his/her head towards his feet.
2. The burn to be cooled. A small area like a fingertip can be held in cold water running from a tap. A limb can be immersed in a bucket or sink of cold water. A part of the body which cannot be immersed should be covered with a thick cloth pad soaked in cold water.

3. Anticipate swelling. Burnt tissues swell. Any possible objects like rings or bangles could be removed. Keeping a burnt limb elevated on cushions or bunched up blankets will help to minimise the swelling.
4. The burn is to be dressed. It should be covered with the widest clean cloth available and lightly bandaged. On a burnt face a cloth in which holes are cut for the eyes, nose and mouth to be apploded.
5. Large burns can cause shock. In this case need not be follow the rule of giving nothing by mouth. Let the patient have half a cupful of water, with a little sugar and a pinch of salt, sipped slowly every 10 or 15 minutes.
6. Expert help to be tried. In the case of large burns a doctor to be called or the patient to be sent immediately to hospital by ambulance.

Scalds (Burns by hot fluids)



Any non-adherent clothing hot from boiling fluids, steam or fats. Treatment as for dry burns to be followed.

8. Along with your Six, do a Good turn in school/ locality under the supervision of the Cub Master

Good Turn along with your six

As mentioned before the second level of Good Turn is a Good Turn done along with the six. For such a good turn the Cub Master organises a special day and directs his sixes to go to their locality or school and help people around, or a sixer can himself suggest a good turn and inform his Cub Master. If a Cub is put into a habit of doing good turn he will never hesitate to help people when he is grown up.

The following are some of the good turns which a Cub can do along with his six.

(a) Work in a hospital,
(b) Help weak students at studies,
(c) Remove a big stone from the roadway,

(d) Help by clearing rubbish in their locality,

(e) Collect old newspapers and donate the money to a charitable institution.

9. Demonstrate any three of the following:

(a) Make your own bed daily for at least a month.

BED MAKING

Let the Cub collect everything that is required and place them in the correct order on a chair at the foot of the bed.

Let the bed be stripped, first loosening the top clothes by sliding the hand down inside the bed from top to bottom.

Let the bed clothes be removed, one by one, by taking hold of the top corner with one hand, drawing the blanket or sheet down beyond the foot of the bed and then folding it back again so that it lies in three folds over the foot of the bed Let the whole be lifted on to the chair, turning the ends under to make sure that nothing touches the floor.

Let the drawn sheet be removed and mackintosh separately and be placed over the back of the chair.

Pillows be removed and placed on another chair beside the bed.

The button clothes should be removed in the same way as the top clothes, loosening them first from top to bottom and gently shaking out any crumbs or other bits that may be on them.

The mattress be covered with under blanket and long mackintosh, if either of these are used, seeing that they are tucked in firmly so that they do not become creased and uncomfortable.

The sides be tacked in firmly from top to bottom, making either or square corners. To make a mitred corner (also called an envelope corner) the sheet be tucked under the mattress so that the edges hang down straight. The side of the sheet be picked up about 18 inches from the corner and laid it across the bed so that the edge of the sheet is parallel with the end of the mattress. The side to be tucked drop the corner lying across the mattress be dropped and tucked.

(b) Know the importance of National Flag:

Every free nation has a flag of her own. This flag is the Flag of Free India and it stands for the glory and honour of India. We must honour and respect the Flag.

The Flag is rectangle in shape and its length and breadth are in the ratio of 3:2 that is, if the length of the flag be 120 CM its breadth must be 80 CM. The National Flag is composed of 3 stripes of equal length and breadth.

The top stripe is Saffron, the middle one White and the bottom one Green. There is a Chakra in blue in the middle of the white stripe.

The saffron colour stands for Courage, the white for Peace and Love and the Green tells us that we should make our land green and happy.

The Chakra is the Symbol of Progress, because a Chakra (Wheel) is something which can never stand still, it always rolls on. That is why it is the symbol of progress. This Chakra has 24 spokes-These spokes denote our readiness to serve the country all the 24 hours of the day and night. The small circle at the centre of the Chakra where the spokes converge signifies unity amidst diversity. We may come from different parts of India, we may belong to different states and speak different tongues, our mode of life may differ, yet in spite of all the apparent diversity we are united together -because we are all Indians-and belong to the Indian Republic.

The three different colours of the Flag, as has already been explained, stand for courage, peace and love and protection of the weak. Hence it is obvious that the flag has a message for us - yes, it commands us to march on bravely in the path of peace, loving our fellow men, seeking peace and not strife and always be prepared to protect the weak; in this way we are to move forward all the time, all the 24 hours of the day and night.

Keeping this fact in mind that in spite of all our apparent differences we are all equal we are all Indians and our aim is to spread the message of peace and love in the world.

(c) Sow seeds and grow a plant. The growth may be recorded and reported to the Cub Master. OR Prepare a Bird feeder OR a fountain and maintain it for two months.

Know grow plant from seed

Care for and observe the growth and development of a plant from a seed. Gardening is a great fun especially for the children as they love to dig and play with clay or mud. It is desirable to provide the children each with a patch of ground for growing plants etc. but sometimes it is not possible, so it is better to encourage them to grow a plant in a pot. In case you cannot provide a pot to each of them, you can collect empty tins or wooden cases as a substitute. After the pots or the tins are procured, the Cubs must do the rest of the job themselves. They must collect good earth free from grit, gravel and stone, and then put in some manure (if possible) to make the soil loose and loamy. Before they fill the pots, tell them why there is a hole at the bottom. It is there so that the excess water can come out through the hole. In order to prevent all the water from coming out through the hole, a piece of stone should be placed over the hole. If they use tins or wooden cases, such holes should be made before they are filled with earth.

After filling the pots they should be watered for a couple of days and if the earth loosened gently, water next day again and left for another couple of days and make the earth loosened again. Now the soil is thoroughly prepared for seeds to be sown. You must see that the Cubs have chosen seeds of such plants that can be grown in pots.

After the seeds have been sown they must be covered with very fine earth and not watered for the next two days. The pot should be put in the open air but covered with something light and thin, so that the seeds get enough heat to germinate but not much to get scorched.

Some seedlings come out after 5 or 6 days but some take a longer time and the later kind needs proper watering. Very young seedlings

require gentle watering as they are easily hurt. These young seedlings should be, for the first few days taken out of the Sun during the hottest part of the day, but that does not mean they should be taken indoors - but that they should be placed somewhere in the shade out of doors. The young plants take a long time to grow up so the Cubs must be patient and not lose interest. After 5 or 6 months the plants are sure to start flowering. The Cubs should be instructed to observe the growth everyday to know the development without harming the growing plants.

Growing a bulb in water, peal moss, sand or soil. Ask them to get a jar with a neck smaller than the size of the bulb, so that it will not drop inside. Then ask them to fill the jar with water, choose a nice firm bulb and put it in the neck of the jar.

Ask them to put it in the dark until the roots start to appear, then bring it into the light. The window sill is a good place for it. Ask them to change the water about once a week. Let these not keep the bulb too warm at first.

If you want to train them to grow bulbs in a bowl, tell them the way to do it, since it is important not to get the pest moss or soil either too wet or too dry. Remove them and put the bowl in a dark and not too warm place until the bulb has grown about an inch.

Growing mustard and cross on flannel: Train the cubs to take a saucer or dish and a piece of flannel just large enough to fit it. Ask them to wet the flannel thoroughly with water and sprinkle the seeds all over it. Tell them that the flannel never gets dry.

Prepare a Bird feeder.

Birdfeeder: Bird feeder, bird table or tray feeder are devices placed outdoors to supply bird food to birds (bird feeding). The success of a bird feeder in attracting birds depends upon its placement and the kinds of food offered, as different species have different preferences.

Most bird feeders supply seeds or bird food, such as millet, sunflower (oil and striped), sunflower, niger seed and rapeseed or canola seed to seed-eating birds. Instruct and

guide them that the bird feeder to be made in such a way that the food item supplied may not be wasted. Enough quantity of water at different places to be provided.

Prepare a fountain and maintain it for two months.

You can train them to set the fountain in the garden or indoor. The height of water from the fountain depends upon the height of the storage tank, the pressure and size of the nozzle used. A delivery tube is needed. A nozzle to be connected at one end of the delivery tube and the other end to tap of the tank. When the tap is opened the fountain will start working. If it is in the outdoor, the water coming out of the fountain may be diverted to a plant nearby. If it is indoor type an outlet must be provided for the free flow of water without wetting the floor or other materials.

(d) Draw or paint a picture of any subject of your choice.

The following hints to be given to Cubs by you.

HINTS TO CUBS

EVERYBODY can draw if he only tries; it does not need much learning.

If the Cubs practise a little and copy other pictures and see how artists manage it, they will soon find that they too can get along all right.

There was a time in the life of every finest artist in the world that he could not draw any better than any other small boy. One cannot expect to be an artist all at once. Any one is bound to do it fairly/ badly at first, but sticking on to it will be able to do better trying till reaching the best.

It is not a matter of school learning.

In the wildest part of South Africa live some tribes of natives who are so uncivilised that they are only a little better than monkeys. They have no proper language of their own. They live in bushes and

trees. They do not wear proper clothes. They don't cook their food, but eat it raw.Regular savages, as they are considered, yet they draw awfully good pictures on the walls of the caves and rocks.

They never learnt to draw in schools. They don't know what a school is. But with a burnt stick as a pencil and mud of different colours as paint, they make splendid pictures of the wild animals around them.

If those Bushmen, as they are called, can make good drawings with such rough tools, on rocks and with no instruction, surely a Cub can do at least as well with nice pencils, colours, and brushes and good paper and lots of guidance.

Have a try:

Train the Cubs to make their pencil very sharp, as that is half the battle in drawing a good sketch. A good picture cannot be made at first with a blunt stump of a pencil.

The same with pen and ink drawing; a hard pointed fine pen and Indian ink be used.

Teach them when they draw, they should never put in a line or touch without some good reason for it, otherwise the picture gets mixed.

The usual way is to think of what they want to draw and then sketch it lightly in outline-and afterwards go over it again with darker and finer strokes.

Clean paper also helps to make the picture a good one. So train the Cubs to keep their fingers clean.

Tell them to-think what they want to draw and draw it as best as they can. Perhaps it is a horse with a long body, with neck and head at one corner, two more legs at the other, two hind legs at the third and a tail at the fourth.

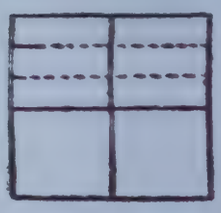
When once drawn, it doesn't somehow look very much like the animal we see on the road.

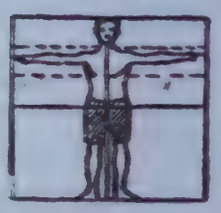
So the Cubs should get hold of some artist's drawing of the horse or whatever they want to draw and copy. Then one can judge what he might have put into his picture to make really like a horse or anything.

Train them and make them draw a house, or a tree; a man, or anything they like. Then if any one pictures copied and shown is there they can learn how to do it better.

There are several mistakes beginners often make in drawing the human figure. One is making the arms too short. When it should be thought of a man's arms are drawn. "Would his arms reach nearly to his knees, if he stretched them down?"

We all know that they would not reach much further than his hips! Then it is apt to make his legs too big, and give him a stumpy little body, and probably no neck. One of the greatest artists in the world, called Michael Angelo, was very keen about getting pictures and status of the human body in right proportion and he invented a very simple little scale. Even a Cub can make it and test his drawings, to see if they are right. It is just a square, divided into four quarters, with the help divided again into three parts.





If looked carefully at the picture we will see that the exact middle of the square is the middle of the man and that his legs reach right to the bottom of the square. His arms are stretched out, with fingers extended and just touch the two sides. His head fills up the top division of all-or one sixth of the whole square. This is what Michael Angelo considered the correct proportion of the human body, so I think we can safely apply the scale of our drawings. This can be taught and explained to the Cubs by the Cub Master so that the Cubs draw human figures proportionately.

Expression: When once the shape of the thing-that is, its form is got, some life into it can be added.

I saw an awfully good picture the other day by a small boy of five who drew a portrait of his mother.

He might have drawn her like this.

But he didn't. It was a windy day and he drew her like this, which I thought was very good.

Well-when mother's clothes blew out in the wind, they wobbled about, so he could not well draw in fixed lines a thing that was moving all the time; but he put down what he remembered of the folds of her dress.

That is the way to do good pictures. To look with the sharp eyes of a wolf at the thing and to remember what it looked like and put that down on paper.

A good way for getting the movement or "expression" in the picture is first to make little sketches of pin-head people to get them doing what is to be shown. Afterwards on a larger size, it can be drawn.

Colour: Of course, coloured pictures are attractive. Well, a lot can be done at first with a red and blue pencil and a black one. One can draw a Bobbie with red face, blue coat, and black boots. It is best to draw the outline first lightly in black pencil and add the colour later.

Or one can draw a black steamer, with red funnels on a blue sea with blue sky overhead. White tops could have been left for the waves, white clouds in the sky and in black curly smoke, which is very black close to the funnel, but gets thinner and lighter as it bowls away in the distance.

When a Cub gets a lot of pencils or chalks of different colours, he can blossom out. He can copy the flowers he had collected, or draw the story he had been told.

If a Cub has a colour box and brushes so much the better. He need not have very many colours; red, blue, yellow, and brown carry a long way-because these when mixed with each other make more colours.

Red and blue make purple.
Blue and yellow make green.
Brown and blue make black
Red and yellow make orange.

The Cub Master can train the Cubs for ARTIST BADGE. One of the things you may do for Artist Badge is to encourage/innovate them to prepare Greeting Cards. This is great fun and far more interesting than buying one. It can be for Christmas, or a Birthday, or anything they like. They can draw and paint or cut designs from coloured paper and form them into a picture by pasting them on card or brown paper. Or cubs may try their skill at printing from into cuts or pin point printing. As Akela, you are expected to show them how to do these. There is no end to the fun that they can have with the skill of their fingers and a little perseverance.

(e) Trim fill, light and put off a hurricane Lantern

Show them the lamp, make it first stand; either outside on the ground, or on a newspaper, then very carefully take out the glass chimney globe. Demonstrate to the Cubs once what the parts are and how to clean, trim it. Also light and put off safety. Clean it with a suitable cleaning powder and soft dry cloth and put it nearby safe. Then with a piece of stick or paper, break away the black charred edge of the wick and ensure you do not leave any little bit sticking up or you will find a tongue of flame when it is lighted. Next, blow away the bits of charred stuff and see that nothing is left in the burner. Then unscrew the stopper of the hole for the oil and pour some oil in, very carefully through a funnel, not quite up to the top. Screw it up again and screw up the oil tin too and put it away safely. (Remember never to pour kerosene out near any flame). Then wipe the lamp carefully first with newspaper and lastly with a cloth. Wipe your fingers too, before you pick up the chimney, or you will make it smudgy. Then with match stick, light it carefully and put the chimney in and put the lamp away in its proper place and the clearing rags too.

Then demonstrate how to put off and keep it carefully.

e) Light a candle with match box or know the use of Emergency light and how to charge it

Light a candle with match box.

Tell the Cubs that when they are handling match box necessary precautions to be taken because they are dealing with fire. First the candle to be fixed in the required place. Any paper or cloth or the materials that can catch fire easily to be removed from near the candle. To be on the safer side, better a metallic base for the candle they be provided. The candle should never be placed on the bed or on the wooden surface. One match stick to be taken from the match box and the box to be closed. The stick to be held in the middle and be scratched on the surface of the match box. As soon as the stick gets fire, the candle to be

lighted with it. As soon as the candle is lighted, the fire on the stick to be put off and the stick to be thrown in the dust bin safely.

(f) Run for five minutes or cycle for three minutes along a prescribed route with verbal message of not less than ten words and deliver it correctly.

Running or cycling with a message ought to be a very good fun. Well, running cannot be taught through a book how to run or how to cycle, but there is this to say about running; it is no use arriving at the end of the run and being so out of breath that one cannot deliver the message, because this test says the Cubs must remember it, carry it in their mind and deliver it safely at the other end. Therefore, you have to train the Cubs to the maximum pace at which they can run without getting out of breath and that means practice; training, really;Isn't it.Just like the great Olympic distance runners? Also, it is of no use starting off with a message until they are quite sure they know it and know it word by word perfectly and this is something they can practise with their Six. On the way home from Pack meeting or at any other time when they are together, give each other messages to remember for a few minutes and then let them repeat. Gradually, as they get good at it, make the messages a little longer and a little more difficult. For example, start with a very simple message like "Will you come to Tom Brown's house and rescue his cat which is stuck upto a tree." If we asked to remember that you would have no trouble at all, but what about this? "Mr. Jones wants a pound of pigs' trotters, a dozen four inch nails, a left handed screw driver and a tin of spotted paint for painting a rocking horse." That is a bit harder, isn't it? One might get in a muddle when delivering a message like that and end up with something like, "Mr. Jones wants a let handed rocking horse and four pounds of one inch nails to mend his screwdriver" and that is not at all the same is it? You must practise and make sure you know the message and then off go and deliver is as quickly as you can and absolutely correctly.

Have you wondered why this test is included? Well, it's not just to help to train the memory power of Cubs but so that in, any emergency, a street accident or anything like that, you, as a trained Cub Master, can send any of your Cubs carry a message asking for help and can be quite certain you get it right. It is really one way of offering a chance to Cubs to do that daily Good Turn properly.

10. Participate in at least two All Faith Prayer Meetings.

All Faith prayer meeting is a unique opportunity to show respect to God and different religions at your Pack. It is periodically or occasionally conducted at your Pack.

All Faith prayer format are prepared by National Headquarters - Hamareh Solah Geet.

Materials required to arrange All Faith Prayer:

1. Bronze Lamp Stand, Oil, Wick, Match Box
2. Candle
3. Dhoop Sticks with stand
4. Flowers
5. White and colour powders
6. Handout containing All Faith prayer songs
7. Display of the Prayer sequence in the hall.

For conducting the All Faith Prayer Meetings we have to follow some formalities and should not deviate from them.

1. Clean the place of the meeting.
2. Leave the foot wear outside the meeting place in rows, neatly arranged.
3. Before entering the Meeting place wait in queue outside.
4. Switch off the cell phones or keep them in silent mode before entering the Hall and avoid using mobiles during the prayer.
5. Maintain silence from entering the hall till leaving the hall after the prayer
6. If you are able to sing the songs follow the Leader. Otherwise meditate.
7. Don't leave the hall in the middle and don't disturb others in any form in the prayer hall.
8. Don't move from your place for taking photographs etc. and don't disturb others attention.

9. Nobody is expected to enter the hall after the starting of prayer.
10. Start the prayer on time.
11. As soon as the prayers are over, after a pause, all leave the hall silently, row by row in a line.
12. Check the individual prayer persons and make the necessary practice corrections if necessary to maintain serenity.
13. Individual Prayer.
    Individual Prayer should be done only by the persons belonging to that particular religion. If no one is available for a particular religion no other person not belonging to that religion should offer the prayer even though they know their prayer well.

All faith Prayer

1. Prarthasmarami
2. Guruvandana
3. Saraswathi vandana
4. Ram Dhun
5. Naam Dhun
6. Individual Prayer (Prayer of Religions who are available as per alphabetical sequence)
7. Silent prayer (for 1 Minute)
8. We shall over come
9. Har Desh Main Tu
10. Shanthi path

11. Participate in Kim's Game.

Rudyard Kipling was a friend of Baden-Powell. B-P borrowed much from Kipling's ideas in Scouting. Kipling wrote the story of Kim which was published in 1901. In Part I of the booklet "Scouting for Boys" published in 1908 a condensed version of Kipling's Kim was included.

In Kipling's story, Kim became friend with a dealer of an old jewellery and curiosities, who was a member of the government intelligence service. The man said that Kim had potential for the same. He gave Kim lessons on noticing small details and remembering them. A tray full of jewels was uncovered. Kim looked at them for a minute

before they were again covered up. Kim was beaten by a youth in this game. He then played the "Jewel Game" often to increase his powers of observation.

Here are the instructions as given in the first BS&G handbook.

Place about twenty or thirty small articles on a tray, or on a table or floor, such as two or three different kinds of buttons, pencils, corks, rags, nuts, stones, knives, string, photos - anything you can find - cover them over with a cloth .

Make a list of these and make a column opposite the list for each boy's replies.

Then uncover the articles for one minute by your watch, or while you count sixty at the rate of "quick march." Then cover them over again.

Take each boy separately and let him whisper to you or write the list of the articles that he can remember and mark it off on your scoring sheet.

The boy who remembers the greatest number wins the game.

12. Know about Bagheera Dance.

Bagheera was the Black Panther who could climb trees, or creep silently and quite unseen in the shadows by night. He was the crafty and skilful hunter, brave and enduring.

Although he could be fierce and terrible when liked, he had a kind heart and he taught Mowgli how to hunt and get his food.
For the Bagheera Dance each Cub becomes a panther.

The Pack being in the Parade Circle, each Cub moves along in a crouching position, looking out to the right and left for game to hunt. Suddenly game is in sight. Every Cub squats down, turning his head and gazing towards the centre of the circle, where he must imagine

there is a deer feeding. In order not to be seen, he quietly gets on to all fours and turns towards the centre and then crawls backwards a few paces, in order to get a little farther away from the deer, so as not to frighten him. Then every Cub begins to crawl slowly towards the centre. As they get nearer, all creep closer to the ground and move slowly. When they get nearer, all lie flat till the leader says "Now!" when they all spring forward on to the imaginary deer with a yell seize him and tear him to pieces. They all fall outwards and run jumping back to their places in the Parade Circle, carrying and biting imaginary lumps of deer meat. During the dance every Cub must watch the leader and instantly do the same thing he does.

13. Know about the 3R's of conservation i.e. Reduce, Recycle and Reuse.

The First 'R' – Reduce

The concept of reducing what is produced and what is consumed is essential to the waste hierarchy. The logic behind it is simple to understand – if there is less waste, then there is less to recycle or to reuse. The process of reducing begins with an examination of what we are using, and what it is used for. There are three simple steps for assessing the reduction value of an item or process – Is there something else that can be used for this purpose? Using multi-use items is essential for beginning reduction. One example would be a coffeepot and a cappuccino maker. Both of them do distinctly different things, but one can buy a coffeepot that has a steaming

attachment on it so it can do both. The purchase of the one item means that we don't use two. It reduces the amount of production, and the amount of waste packaging material that will be generated.

Is this something that needs to be done? A lot of our waste material comes from items that are considered to be "disposable." Not in the sense that we use something once and then throw it away, that can actually be a part of environmental responsibility when we are working with medical items - disposable in this sense means whether or not what the item allows us to do has any real meaning or purpose.

Is the item a part of something that we need to do, or want to do in our life? There is a limit to what we need to be prepared for in life. Chances are that we won't need a car that is equipped to handle a sandstorm in the desert. Buying one encourages production, wastes our resources and creates more generative waste than we can imagine. Always make sure that what we consume, or keep in our life as preparation - matches the reality of potential opportunity in our life.

Number 3 deals with the problems created by living within a culture of consumerism. This type of consumption driven culture also makes fulfilling the second "R" difficult, but it is getting easier to do.

The Second 'R' - Reuse

We may have a box of things we keep that are broken or that we don't have a use for that we hang on to in case we find another use for them; or we may find bargains on an old furniture or go trash picking and get things that we can refinish - in either case we are working towards reusing the item. Learning to reuse items, or re-purpose them for a different use we than what they are intended for is essential in waste hierarchy.

One of the best examples for how this is being done today is the modular construction of homes and office buildings that is being created out of discarded shipping containers. These large, semi-truck sized metal containers represent a huge waste problem. Repurposing them as homes and offices saves them from the landfills and doesn't

require the additional expenditure of nature resources to melt down and reconfigure the metals used to create them.

One may either reuse those items for his/her own use or donate so that others can use them. One can reuse the below shown items like:

1. **Old jars and pots:** Old jars and pots can be used to store items in kitchen. They can also be used to store loose items together such as computer wires.
2. **Tyres:** Old tyres can either be sent to recycling station or can be used to make tyre-swing.
3. **Used wood:** Used wood can be used as firewood or can be used woodcrafts.
4. **Newspaper:** Old newspapers can be used to pack items when we are planning to move to another home or store old items.
5. **Envelopes:** Old and waste envelopes can be used by children to make short notes or paper folding during craft classes.
6. **Waste paper:** Waste paper can be used to make notes and sketches and can be sent to recycling centres when they are not needed anymore.

Items that can be donated to others include:

1. **Old books:** Old books can be used by poor children or can be donated to public libraries.
2. **Old clothes:** Unwanted clothes can be used by street children or can be donated to charity institutions.
3. **Old electric equipment:** Old electric equipment can be donated to schools or NGO's so that they can use them.
4. **Rechargeable batteries:** Rechargeable batteries can be used again and again and help to reduce unnecessary wastage as opposed to regular batteries.

Apart from these, we can build a compost bin and reuse many waste items like used tea bags. The waste then degrades and turns into compost that helps the plants grow and shine.

The Third 'R' – Recycling

The last stage of the waste hierarchy is to recycle. To recycle something means that it will be transformed again into a raw material that can

be shaped into a new item. There are very few materials on the earth that cannot be recycled. One of the issues facing communities that want to become more involved with a recycling effort is that while the relying collection and sorting process may be affordable to be implemented, there still has to be a facility to receive and transform the discarded waste into a raw material. More progress is being made toward uniting recycling plants with industries that can process the waste material through agreements and incentive credits.

One needs to learn as to what products can be recycled and what not. By carefully choosing the products that can be recycled, can be a first step towards efficient recycling.

The Cubs to be educated to

1. buy products from market that are made up of recycled materials i.e. the product should be environment friendly.
2. buy products that can be recycled such as glass jars.
3. invent new ways to recycle different items.
4. avoid buying hazardous materials that could pose difficulty for them to recycle buy non-toxic products, whenever possible.

How much money can a solar roof save you in India?

Educate the cubs regarding the profit from roof space to: find local deals on solar in their area, eliminate their power bill, and join the solar revolution.

14. Follow a trail not less than half a kilo meter and not exceeding more one kilo meter.

After the Cubs get familiasised with the above signs, organise to follow a trail to the stipulated distance. As the Cub Master, it is your responsibility to get the Cubs who had completed the requirements of Dwitiya Charan to get tested by external examiners. After the testing is over, arrange for te Award of Dwitiya Charan Badge on a suitable occasion.

Train one six to lay the trail. You are expected to go along with them to lay the trail with the suitable materials, natural like part of trees, stickers stones, etc and also use of chalk, colour. The other sixes follow and the last six to clear the signs of trail so that any stanger may not be misled.

15. Attend at least eight pack meetings as Pratham Charan Cub.

On completion of the tests, a Pratham Charan Cub will be awarded the Dwitiya Charan Badge by the Local Association or the District Association, as the case may be, on the recommendation of the Training counsellor who arranged the testing. The Dwitiya Charan Badge is a cloth badge. The background shall be blue in colour; containing two five pointed stars in white. It shall replace the Pratham Charan Badge.

A Dwitiya Charan Cub will work for at least nine months to qualify for Tritiya Charan.

Presentation of Dwitiya Charan badge:

A) Pack in parade circle stand in at ease, Akela in centre. A.C.M's etc., outside circle behind Akela, Cubs to be awarded Dwitiya Charan badge grouped together regardless of their sixes, as part of the circumference of the circle facing Akela.

B) Akela calls out the Cubs concerned from parade circle to stand in front of him/her.

C) Akela then briefly tells Pack of the significance of the Dwitiya Charan and makes the point that these Cubs now really are full Cubs.

D) Akela asks each to repeat Cub promise. The pack is then called to alert. Each Cub takes a pace forward in turn and repeats the promise, phrase by phrase, after Akela. When he has completed his promise, Akela hands each boy his badge to be sewn later.

E) When all Cubs have dealt with, Akela says Well done all of you "Back to circle" the Cubs then go back to the gap in the circle, from where they came, not back to their own sixes.

F) When the circle is complete again the Pack gives a Cub greeting in honour of the new Dwitiya Charan Cubs, when they themselves will lead doing the DYB's in unison. That concludes the ceremony.

TRITIYA CHARAN

BADGE - REQUIREMENTS:

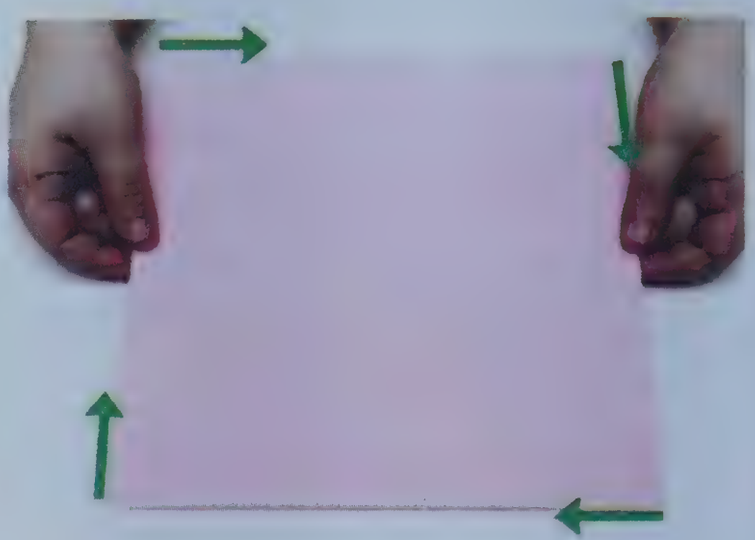
1. Prepare and present a useful handicraft preferably for a differently abled person in the locality.
2. Know the eight principal points of a compass.
3. Have knowledge of your village/town regarding nearby Railway Station, Bus Stand, Bank, Post Office, Hospital, Schools and Colleges.
4. Render First -aid for sprains, stings and be able to clean a wound.
5. Participate in a Pack Good-turn activity by adopting a public place.
6. Participate successfully in at least three sense training games.
7. Go on a day hike with your Pack.
8. Help a younger child in the habits of cleanliness.
   a. Know how to welcome and receive a guest in a social way.
   b. Prepare and serve cold or hot drink.
   c. Prepare a Greeting Card for special occasion.
9. Qualify for one of the following Proficiency Badges.
   (a) Observer (b) Team player (c) Home craft (d) Entertainer (e) Guide. (f) Computer Awareness.
   a. Know the wood craft signs and traffic signs.
   b. Know the rules of Road safety as a pedestrian and a cyclist.
   c. Follow a marked track for one kilo meter.
10. Know Tabaqui Dance.
11. Attend at least 8 pack meetings after Dwitiya Charan.

1. Prepare and present a useful handicraft preferably for differently abled person in the locality.

(i) FLYING BIRD

(a) Start with a square piece of origami paper.

Real origami paper always comes in the shape of a colourful square. If the Cubs have is rectangular computer paper, teach them to make their own square paper by folding the top corner down diagonally. Let the extra rectangle of paper at the bottom be trimmed off.

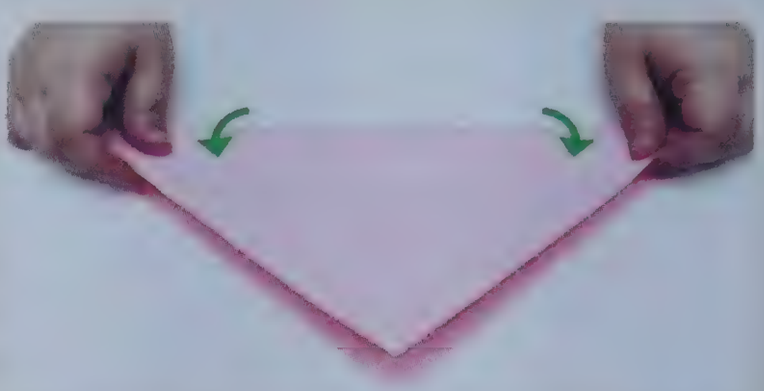


Any colour of origami paper will do. Paper with a multi-coloured design works well with this project since the bird's flapping wings will make the colours dance.

If the paper has two different coloured sides, it should be roted which one is facing up and which one is facing down. If the paper is the same colour on both sides, a small mark or design to be made to identify the two sides. The side facing the table is the side that will see when the bird is complete.

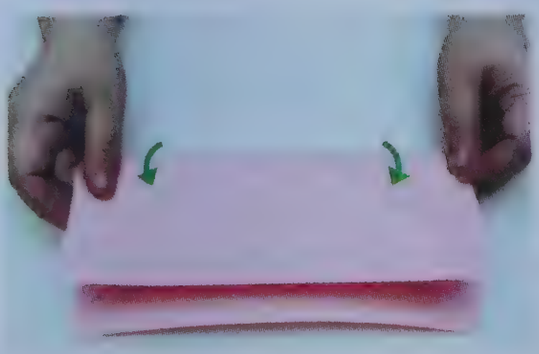
(b) Make a diagonal fold.

It should be started by laying the square in front so that the bottom corner is pointing at the chest. The top corner to be braught down to the bottom corner, then the finger to be used to make a crease.



(c) Now a triangular shape with the points facing the person is available.

Then the paper to be unfolded so that it lays flat again.



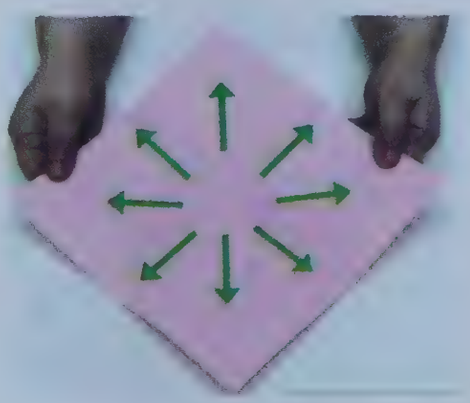
(d) Another diagonal fold to be made.

The square to be rotate and folded again, this time bringing the other corner to meet its opposite. A second crease with the finger to be made.

The two creases will form an "X" shape in the paper.

The paper to be unfolded again.

(e) The paper to be folded in half on a horizontal fold.

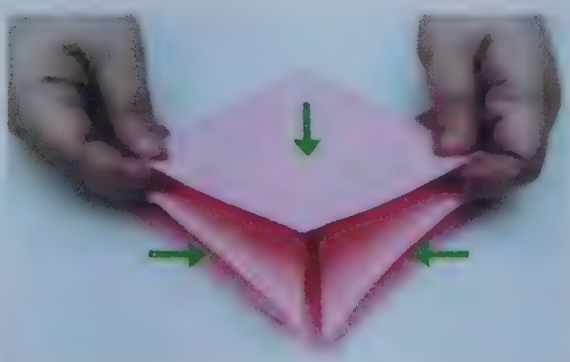


The square in front to be laid so that its bottom edge is parallel to chest.

The paper in half to be folded, bringing the top edge to meet the bottom edge. A crease to be made with your finger.

The paper to be unfolded again to lay it flat.

(f) The square paper to be folded in half again.



The paper to be turned sideways and folded in half again, then creased with the finger.

The paper to be unfolded once again.

Now four creases running through the paper are available that all intersect in the middle of the square.

(g) The sides to be folded to form a smaller square.

It is to be started with the bottom corner of the square pointing towards the chest. The two sides of the square to be folded along the horizontal fold, bringing the left and right corners down to the bottom corner. The two sides will collapse in towards the middle, and the top corner will fold over them to form a small square.

It might take a little manoeuvring to get the sides to collapse towards the middle of the square. It can help to re-crease all of the folds to make them more flexible.

If this to done correctly, the small square made will have a crease running from the top corner to the bottom corner in the centre.

(h) It is to be folded in the top right flap.

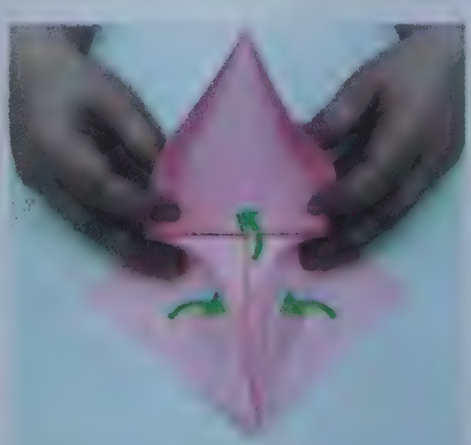
With the bottom corner of the square pointing towards the chest, the top layer of the right corner to be folded inward so that its edge aligns with the centre crease. The finger to be used to crease the fold.

(i) It is to be folded in the top left flap.

The same thing is to be done folding the top layer of the left corner inward so that its edge aligns with the centre crease. Finger to be used to crease the fold.

The new folds will take the shape of a little kite.

(j) The paper to be flipped over to repeat the folds.



The folds to be done as just made on the other side.

Now two identical sides that look like a kite is available.

The top part of the kite to be folded down to create a crease. Then to be unfolded.

(k) The kite to be open.

The paper to be oriented so that the bottom corner (the part that can unfold to reveal the interior) is pointing toward the chest. The top layer of the bottom corner to be lifted up and flatten against the table. It looks like a diamond shape sitting on top of the kite.

As the bottom corner is lifted the sides of the paper will fall into the diamond shape naturally along the creases already folded.

(l) The paper to be flipped over.

The folds to be refolded just made on the other side be opened the backside of the kite. It should be oriented so that the bottom corner (the part that can unfold to reveal the interior) is pointing towards the chest. The top layer of the bottom corner to be lifted up and flattened against the table. Now both sides have a diamond shape.

The two diamond shaped one should align perfectly over one another when finished with both sides.

(m) The two bottom flaps be folded up diagonally.

The right bottom flap be folded diagonally up to the right and the left bottom flap diagonally up to the left.

Now three points forming three triangles all facing upward, pointing away made available to be unfold.

(n) The flaps to be unfolded so that the paper is in the shape of the diamond again.

The paper on the side to be trimmed and and flaps be opened. Bottom portion of paper just folded be taken and unfolded and folded up and into the flap. The flaps be shaped. Then the portion of paper now in the middle be taken and pulled it out, keeping the two folds closed.

The paper out to be pulled so that all of the edges are aligned. The fold to be creased.

The other side is also to be done in the same way so that the head and tail pointing diagonally outward will be got.

(o) The tip of one of the diagonal portions of paper to be folded.

This reverse fold will make the head.

The paper be opened to reveal the two flaps and the tip be fold down so it is between. The flaps together be pinched and creased.

(p) One wing to be folded.

The top layer of the middle triangle down at an angle to be folded form a wing.

The wing be folded so that it points more toward the head, not just straight down.

(q) The bird over to be flipped.

The fold for the other wing to be repeated.

It should be made sure that the wings line up with one another.

(r) The tail to be pulled to make the wings flap.

Holding the bird's neck, the tail be pulled up diagonally to make the wings flap.

Finished! The origami flapping bird is ready!

(ii) SPONGE DOLL

Things needed:

- ✓ A rectangular sponge (the kind of sponge that mother uses to wash the kitchen tiles).

- ✓ Sticker Bindis (2 small black ones for the eyes and a slightly red one for the mouth).
- ✓ Thin satin ribbons.
- ✓ Small rubber bands.
- ✓ A few common pins, beads, buttons, and coloured stones for decoration.
- ✓ Fevicol for sticking.

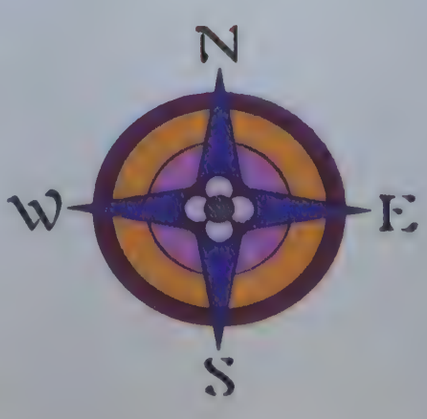
Method:

1. One rubber band be put tightly around the sponge, to form the neck. Now the head and body of the doll is ready. The head should be smaller than the body.
2. Two more rubber bands around both corners of the head to to be put to form the ears.
3. Two black bindis be cut and shaped to stick them on the face, to form the eyes.
4. The red bindi to be cut into half. One half for the mouth to be stuck. (The other half to be reserved to use for another doll).
5. The satin ribbons be tied around the neck and be made a neat bow. Or it can be drafed around the neck like a long scarf. It can be kept with common pins.
6. Beads, sequins or more attractive sticker bindis and stuck down the front of the body to form "buttons".

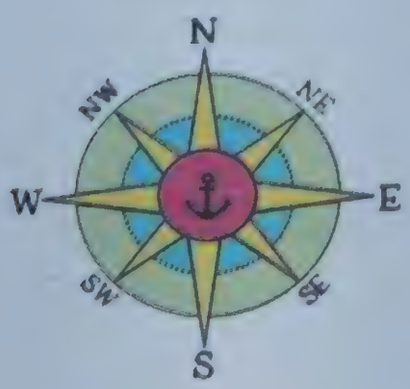
Now the doll is ready. Using imagination. One can make a whole lot of dolls, using different coloured sponges, beads and ribbons.

2. Know the eight principal points of a compass

POINTS OF THE COMPASS when sent with a message or despatch one will often be told to go in a certain direction, such as, "Go northward," or "Go towards the east." That is how sailors and soldiers and Scouts always are guided; so you should try to teach the points of the compass. The compass is a little dial like a watch, but it has only one hand on it and that hand always points to



the north. Anyone who faces the same way as the hand points, it is towards looking north and if then turn about and look exactly the other way facing south. South is exactly opposite to north and east is exactly opposite to west. When facing north the east is on the right and west on the left hand side.



That gives the four points of the compass: North, South, East and West.

Supposing there is no compass, one can tell the different directions by the sun or the stars in the heavens. The Sun is the best.

The sun rises in the East and sets in the West. Anyone facing the sun is the mosning, can identify East. It lis back is west. If both hands shetered, left shows North and right is South.

Then half way between each of the four main points there are four others, which are easily remembered: N.E., S.E., S.W., and N.W.

3. Have knowledge of your village/town regarding nearby Railway Station, Bus Stand, Bank, Post Office, Hospitals, Schools and colleges.

Do a good turn everyday:

First the Cubs may not be in a position to list the good turns that are possible to do by them. You as Akela, may provide them with a list when they were Aspirants, Pratham and Dwitiya Charan. But now the Cubs are ready to do more and waiting for the opportunity to do good turn. So make them to know the important places like Railway Station, Bus Stand, Banks, Post Office, Hospitals, Schools and Colleges. Make them prepare the list of the important places name of the road located, telephone number (if possible) Let them also be familiar with the places of historical importance and pilgrim locations in their locality. This can help them to guide anyone who needs help to know about the location in his area. Train the Cubs to guide the strangers with direction and landmarks. This will lead them to get opporunities to do Good Turns.

4. Render First-Aid for sprains, stings and be able to clean a wound Sprains:

A sprain is the overstretching and partial leaning of a ligament at a point. A common example of a sprain is when the foot suddenly turns in on uneven ground, spraining the ankle. Many other joints such as the wrist or knee can be affected.

Sprains are often very painful and may be accomplished by bruising due to the rupture of small blood vessels.

First Aid:

Cooling the affected Joint with a cold compress within the first half an hour after the accident will reduce pain and swelling.

1. A thick or folded cloth to be soaked in cold water.
2. It should be wring out until it is damp without dripping and to be placed it round the sprained joint.
3. The compress to be fastened with some open weave bandaging.
4. The compress be renewed when it dries or becomes warm. The affected limb to be kept elevated if possible.

WARNING

If the accident involved a blow rather than just pulling or twisting, it is possible that this is more than a sprain; it may have broken a bone. If in doubt, this injury to be treated as if it were a fracture.

Further treatment for sprains:

Rest and support are the main forms of treatment. The joint should be corseted by layers of cotton wool sandwiched between the firm turns of crepe bandaging. It should be made sure that the cotton wool pads are thick and springy, especially over the inside wool pads are thick and springy, especially over the inside fold of a joint like the elbow or knee. Blood vessels and nerves lie close beneath these folds and undue pressure would be harmful. The patient to be warned to remove the support if it hurts or if the limb beyond it becomes numb, blue or swollen. A patient with a sprained knee or should ankle walk as little as possible; A sprained elbow to be in rest in a sling.

WOUNDS

General wounds

1. Make the patient sit or lie down.
2. The first order show was his/her hands. The following items be collected and placed on a clean towel or cloth; a bowl of warm clean water, soap, cotton wool or a clean handkerchief, gauze, a roll of bandage, safety pins, (for special dressings see the First Aid kit).
3. The skin be cleared round the wound, but not the open wound itself. Water, or soap and water, with cotton or wool or a clean handkerchief. Around the wound to be cleaned with seperate strokes. Each stroke at the edge of the wound to be started and be moved away from it using fresh cotton or fresh surface of the handkerchief.
4. A wide, protective layer of gauze be placed over the wound and the cleaned skin area.
5. A thick pad of gauze or cotton wool to be applied over this layer of gauge.
6. With several firm (but not tight) turns should be finished so that a bandage it should fully cover the pad. Let each turn of the bandage overlap the previous turn by about two thirds. The bandage to be secured with safety pins.
7. Severely wounded limbs must be rested. An arm should be put in a sling while a leg should be elevated on cushions with the patient lying down.
8. If the condition is serious measures against shock to be taken.

WARNING Antiseptics should not be applied. In simple first aid they are not used as their presence might interfere with subsequent tests or treatment by the doctor or nurse. Cotton wool should not be applied directly to a wound as the fibres would be detrimental.

Improvised Dressings

The gauze can be replaced by a clean handkerchief or small smooth towel. The outer surface of the folded item, should not be applied. The surfaces within the folds, to be used as they are likely to be cleaner. It should be held up in a corner and let it fall open.

It should be refolded several times so that the cleanest inner surface is the part which is to be applied to the wound. Touching this surface with hands be strictly avoided.

The pad can be replaced by any suitable clean material such as a thickly bunched handkerchief. Bandages can be replaced by thin towels, large handkerchiefs, stockings, scarves or even neckties.

Objects in the wound:

If a small foreign body is lying loosely on the wound, it should be flicked it away with a clean piece of gauze or suitable material. But it should not be rubbed or the wound surface be brushed.

If an object is embedded in the wound it should be left there with is. The wound including the object with the first layer of gauze be covered. Before adding the pad, some other material be shaped into a thick ring. The ray to be placed around the wound to prevent the bandage from pressing into the wound.

WARNING An embedded object should never be pulled out as there is a danger that important structure like nerves, tendons or blood vessels may be damaged further.

Deep abdominal wounds

The patient urgently needs medical help.

1. Let the patient be laid down.
2. The wound should be covered immediately with wide dressings, taped or bandaged down firmly, but not tightly. If any organs project from the wound, they should be well covered without heavy pressure; No attempt be made to push them back.
3. The patient should not be given anything by mouth.
4. Any stretching of the abdominal muscles could worsen the situation by making the wound gape. To relax these muscles help the patient by letting him/her lie with his/her shoulders a little raised on cushions or a folded blanket or a coat. His knees to be kept half bent over similar support.
5. If the patient is unconscious or barely conscious or shows any signs of vomiting, he/she gently to be turned on his/her side. This enables matter to flow from his/her mouth, forestalling the risk of it entering the windpipe and choking him/her.
6. The patient should be kept covered.

Penetrating chest wounds:

This is a serious condition which requires urgent attention. If the chest wall is cut through and the underlying lung coverings are damaged, then air can directly enter the chest cavity with each intake of breath, causing severe breathing difficulties. This should be dealed with this emergency at once by closing the aperture.

1. Keep your hand firmly to cover the chest wound.
2. The hand should be kept there until it could be replaced with a thick pad of any suitable clean cloth. It may be bunched up towel or tom clothing. This pad is to be shipped under the hand with any available wide bandaging (Improvising with stockings or a folded towel if necessary). The pad be secured in position very firmly to make an air tight seal.
3. The patient should be positioned such that he is lying towards the wounded side. This allows the uninjured lung to function more easily and also protects it from the risk of coughed up blood flowing into it from the injured lung.
4. A patient who has difficulty in breathing can manage more easily if his chest is upright. However, the severity of the injury demands that he should lie down. Don't put him in a half propped up position, using blankets, cartons or folded coats for this.
5. The patient should be kept covered until a doctor or ambulance arrives.

Eye wounds

Attempt should not be made to clean the wound. The eye to be covered with a large, smooth pad, lightly bandaged or taped in position. Immediate medical help is essential. If movements of the eye are painful, it would be wise to cover both eyes, since they act together; the patient to be explained why this is done.

Bites and Stings of certain insects and spiders, chiggers, and ticks can be very painful. Some may cause infection.

First Aid: The pain of bites of mosquitoes, ants, and chiggers, and the stings of bees and hornets and yellow jackets can be relieved with a cold towel or ice water. If the sting of a bee or wasp breaks off, it should be flicked off with a finger. For further relief, a paste

of household "meat tenderizer" and water can be applied. The same method can be used for scorpion stings.

Ticks are small, hard shelled relates of the almost invisible chiggers. They may be infected with a disease. If a tick fastens itself to anyone, it should not be pulled off. The head may break off. It should be simply covered with grease or oil. It will let go.

Note: *Some people are allergic to insect and spider bites. They may have trouble breathing. They need special care.*

- ✓ *If the bite is on an arm or leg, a constructing band be tied above the bite. It should be just tight enough to stop the blood in the skin. A finger under it to be put.*
- ✓ *Ice water or ice on a cloth on the bite to be put.*
- ✓ *The arm or leg be kept lower than the body.*
- ✓ *The person to be under medical care, whether the patient keeps breathing is to be ensured. Rescue breathing is to be given if needed.*

5. Participate in a Pack Good turn activity by adopting a public place Good Turn with your cub pack

The third level of Good Turn is to be done along with the Cub Pack. For this Cub Master along with his Pack should visit a public place and should take up a particular job, for instance.

A. Tree planting-Gardening

B. Cleaning up a public road, public garden or a public bus stop.

C. Help in developing a camping ground.

D. Organising Anand Mela.

E. Entertainment in a children ward in a hospital.

6. Participate successfully in at least three sense training games:

(a) The Observation Wall Game

All players look at a wall of the club room for two minutes and then about turn. Certain objects are moved or removed. All look for one

minute. Then about turn and team makes lists of moved or missing objects.

One point for every correct observation. Two off for every wrong or imaginary one. Best total wins.

Variation : The Cub Master should not move anything and should watch the result. It will be very interesting/funny.

(b) Nose

To help to train the sense of smell this is a very useful game. A number of bags and bottles are required. It is better of the bottles have paper pasted round them so that the boys have to depend entirely on smell rather than on slight to distinguish their objects. Half a dozen bags and Half a dozen bottles are sufficient for one occasion.

There can be a good many variations, but suggestions are: paraffin, iodine, sawdust, coffee, chocolate, shoe polish, ginger, lavender, orange peel, petrol, cheese, onions etc.

(c) Submarines and Mines

Two Cubs are blindfolded and represent submarines who have to reach harbour (corner to corner in the pack Den will do, but greater space is better); rest of Pack Den or class room are scattered over area and represent minefield. Submarines look at the minefield and then attempt to reach harbour; if they bump a mine they are sunk; if they touch a wall they are aground.

They must feel their way without touching.

(d) Dumb Crambo

With Charades, words, of course, are spoken and the syllables actually brought in. With Dumb Crambo the syllables and the complete word are only acted in silence. No words are spoken.

This is an excellent training in mime.

(e) Acting a Trade

Each player or pair of players on turn act some trade or profession and continue to do so until it is guessed.

e.g. plumber, shaving, surgeon, operating, etc.

(f) Individual Kim

Each player brings one article and holds it in an obvious position while he examines the articles of the other players. All the articles are then put at one end of the room and the players turn their back. The players are called out in turn to pick out an article denoted by owner's name.

(g) Artist's Kim

Players stand round watching while Leader draws an object with chalk on floor or on black board and at once rubs it out. He draws twenty objects in this way and as soon as he has finished, players take pencil and paper and reproduce as many drawings as they can.

Drawings should be very simple which can be quickly made and recognised at once. A list should be prepared before hand so that efforts can be checked.

7. Go on a day hike with your Pack

Day hike means going out for fun from morning to evening. Here the regular camp routine is not observed but it is generally meant for fun. Children may be taken to a permanent camping ground or picnic spot. The programme can formally start with the cub prayer. Some rough and tough games could be played followed by breakfast. After the breakfast there could be an imaginary programme of going to visit the moon or visiting a carnival or going to a foreign country etc. After lunch there could be quiet games. In the evening after tea there can be some fun games followed by prize distribution. Cubs should be brought back before sunset.

8. Help a younger child in the habits of cleanliness

Young children should be made to form good habits during childhood only. If we take the word 'Habit' and remove 'H' from it 'A' Bit' will remain. If we remove 'A' then 'Bit' will remain and if you remove 'B' 'IT' will still remain Hence the habit of cleanliness should be cultivated from childhood. As it would not be easy to break a habit once it is formed.

For details of cleanliness refer test No. 1 of Pratham Charan.

How to teach these habits to a Child.

a. After using the toilet, wash hands.
b. Take bath daily (Use Soap)
c. Wash hands before meals
d. Brush your teeth in the morning
e. Keep bathroom clean
f. Drink lot of water during the day.

9-a. Know how to welcome and receive a guest in a social way.

Five ways are recommended when hosting guests:

The Cub Master should train and teach the Cubs as follows:

1. Arrive early to make sure everything is ready for guest arrival.
2. Greet them warmly at the entrance, escort them to their seats and help them understand what is taking place.
3. Serve water to the guest and answer questions, if any politely.
4. Show scrap book, handicraft etc.
5. Do something extra to make their visit special.
6. Serve cold or hot drink in a clean cup and saucer, keeping the same in a tray, along with napkins.
7. Present him/her a greeting card prepared by you.
8. As he/she wants to leave salute and give him/her left handshake or namaskar.
9. Follow him/her behind to send off and invite them again for another occasion.

9-b. Prepare and serve cold or hot drink.

As a Cub Master, you should first brief them about the details of cold or hot drink.

Chorie-Cold-Lemon Juice: Material and Measurements

Instructions

1. Ask them to make the simple syrup by combining the sugar and 1 cup of water in a small saucepan and bringing to a gentle simmer over low heat to dissolve sugar. ...

2. Teach them to squeeze the lemons. The lemon is to be rolled over the cutting board, pressing down. ...
3. Ask them to mix the lemon juice and sugar syrup ...
4. Ice can be added. ...
5. To be garnished.

Making a Pot (Tea-Kettle) of Tea

Materials and Measurements

1. The water be boiled. ...
2. The tea be put in an infuser, strainer, or directly in the bottom of the teapot. ...
3. Hot water be added. ...
4. The tea be allowed to steep. ...
5. The tea leaves be removed . ...
6. Tea is ready to be served. ...
7. If needed to make more tea for a second serving; it can be infused.

9-c. Prepare a Greeting Card for special occasion.

Required materials:

- *Card or chart*
- *Pencil*
- *Eraser*
- *Sketches*
- *Water colour*
- *Crayons*
- *Brush and paints*
- *Scissors*
- *Sharpener*
- *Instrument box*
- *Gum*
- *Colour Tapes*

Making a Basic Greeting Card

(a) **Required Material to be Collected.** It's always helpful to have all the supplies laid out in front before starting to the project. This way one can stay focused without the interruptions that would otherwise occur as one has to search for materials needed.

- Depending on what kind of greeting card is to be made, list of requirement be prepared such as glue, scissors or a paper cutter, paper or blank cards, envelopes, small decorations to put on the card a pen or a pencil or markers, etc.
- Some materials can be purchased from the shop to start off with when making cards. One can also recycle things around the house items such as buttons, ribbon, and old belts, all look great when properly attached to cards.

(b) **A blank card, to be taken or a piece of paper be folded in half.** If a piece of paper be used plenty of options are available. One can cut the paper down to a smaller size using a paper cutter, or even cut it into different shapes. Using construction paper can be considered if you want a tougher material or something more colourful is needed.

- If cutting the paper with a paper cutter, a pen a ruler be used to define the lines before you start cutting. This will make it easier to keep everything straight and even.

(c) **Decorations to the card.** One can have a lot of fun here. Something running throughout the card, like a sea monster or a landscape. A scene in the daytime on one side, and another scene in the night-time be sketched on the other side. If the Card is for a particular purpose such as Birthday, after designed and wordings can be made accordingly. A general card, it can be decorated in such a way that would match the theme of the greeting. For example a birthday card include cakes and ballons.

- Another option for decorating is to use scrap book materials or other craft items. Pictures can be cut out from magazines and glued into the greeting card.

(d) **The text to include be considered.** Most greeting cards have generalized text. This part can be skipped if you want, but if you try to emulate a greeting card that you would find at a store, you might want to include some sort of designed/wordings can be witten. Something that matches the occasion. For example, "Congratulations on your wedding and your many happy years ahead" for a newly married couple.

(e) **Decorating the card with letter patterns.** Letters from newspapers or magazines of varying sizes and fonts be taken and pasted around the card in a mix-matched manner. The greeting from a line of text in a newspaper story can be chosen.

(f) **Distressed look.** Some patterned paper be get and cut into a piece about the size of the card. It is to be cut half diagonally so that one can see the tear running across the paper. This torn piece of patterned paper be pasted on top of the greeting card to give it a unique distressed or vintage look.

(g) **Personalized text be included.** The best part about a card is that it includes personalized writing. Generally this text wishes the person well and includes more details. If the greeting card is made to be given to someone else so that they can write on it and give it as a gift, details can be skipped off. Signature of the person preparing the card may be put on the back of the card so that the person using it knows who made it.

(h) **A suitable envelope.** The card is to be put in an envelope that fits the size of the card. If the cards are to be given away or write address on it immediately, the envelopes are needed eventually.

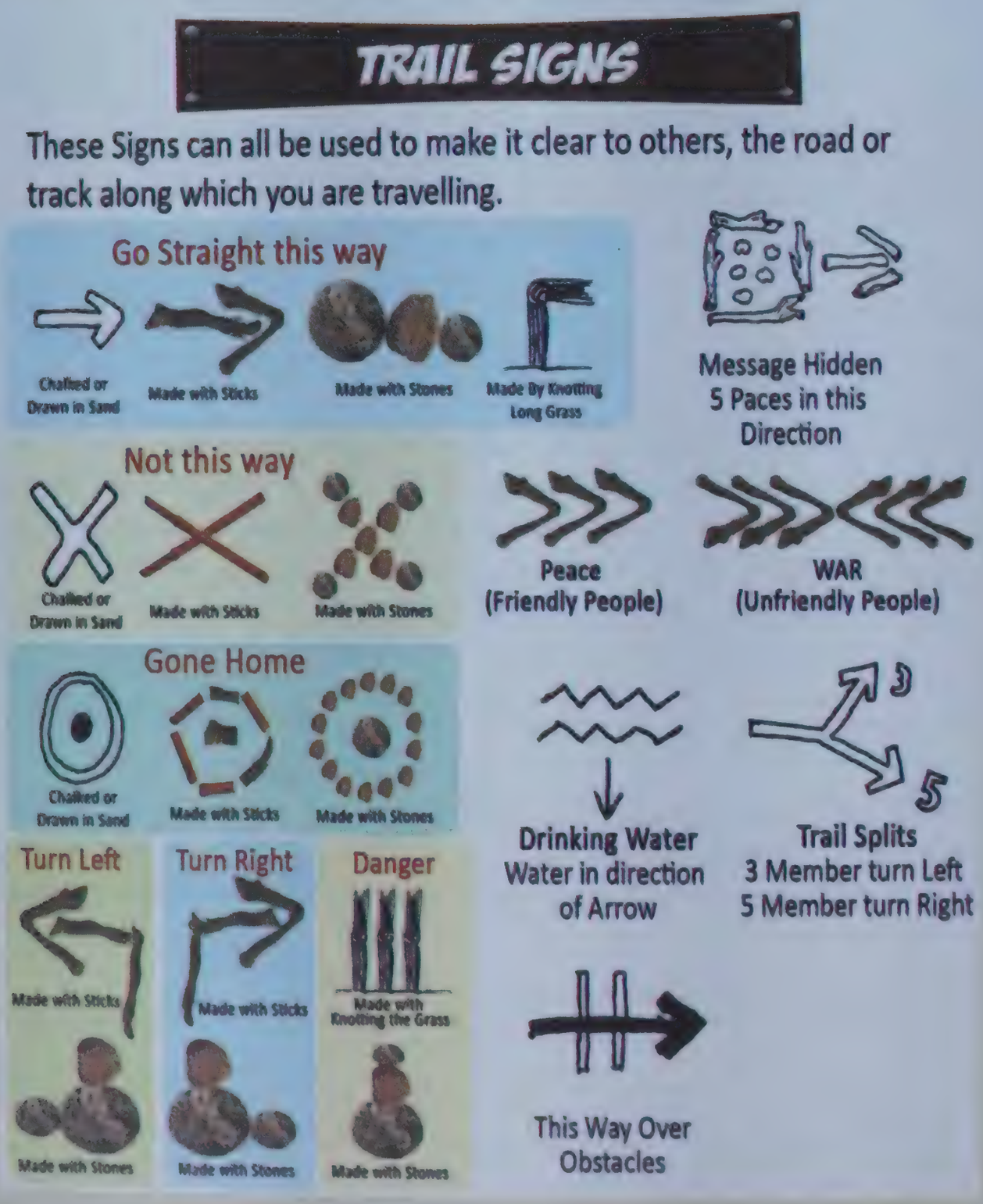
10. Qualify in one of the following proficiency badges.

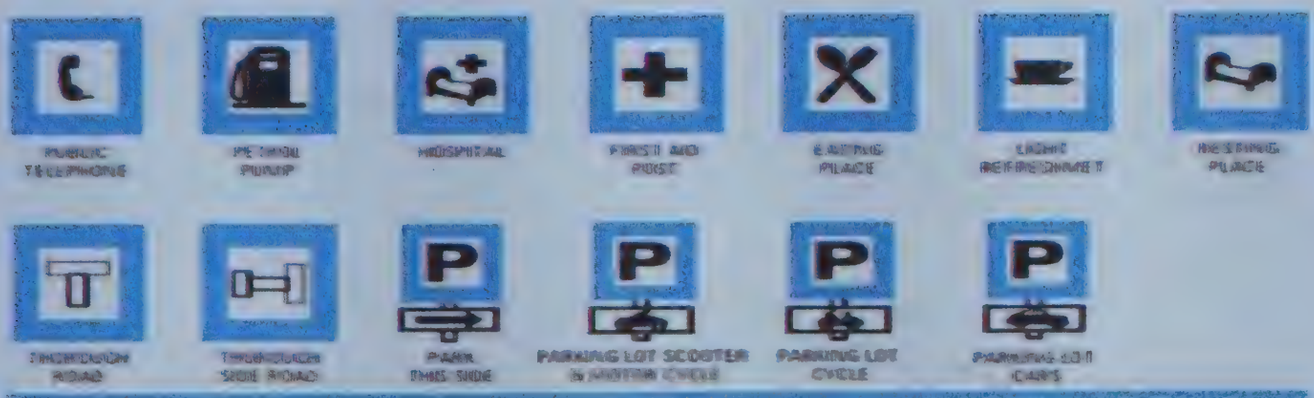
(a) Observer (b) Team player (b) Home craft
(d) Entertainer (e) Guide (f) Computer Awareness.

Refer A.P.R.O. PART II for the details of each Proficiency Badge

Badge Instructors are appointed by the District for each Badge as you can write to the Badge instructor(s) as per procedure to train the Cubs for the particular Badge and for examining them, you will have to contact the Badge Examiner who will test and recommend for award of Proficiency Badges.

11-A. Know the wood craft signs and traffic signs.





11-B. Know the rules of Road safety as a pedestrian and a cyclist.

Basic Rules of the Road

There are certain rules that have been prepared for the benefit of people and the idea of preparing these rules is not that they should be understood by the drivers, but it should also be understood by the cyclists, pedestrians and other people. It is essential to follow

all the rules and regulations and they are clearly listed here. People are requested that they should be carefully observing all the rules and regulations and it is effectual to be careful, considerate and patient.

Top 10 Road Safety Tips for Children
1 Crossing the road
On a green light, look both ways and listen for traffic before crossing
2 Around the corner
Do not run into the roadway
3 Do NOT jaywalk
Make sure to use a crosswalk
4 Watch out for big cars
Stay away from big cars turning the corner
5 Do NOT play behind cars
Drivers may not be able to see you
6 Getting off a bus
Watch out for cars or motorcycles when getting off
7 Crossing the road without signal lights
Pay additional attention before crossing
8 Wear a seat-belt
Children under 13 are safest in the back seat
9 Do NOT play between cars stationed side by side
10 Use safety gear on bicycles and in-line skates
Use bicycle lanes when available

Traffic Signals

Traffic signals or stop lights are positioned on the road intersection and they are used for indicating whether it is safe to walk or not. People are recommended that they should follow all the Traffic signs and they would be required to understand this information that is displayed through color code.

Road Signals

These signs have got the very prominent role to play in the traffic system and they are made for the safety of people. According to the congress of Indian Roads, these signs and Traffic symbols have been categorized into 3 different categories

(b) Know the rules of Road safety as a pedestrian and a cyclist.

- **Always keep left**
- **Give a way for fast movers**
- **Over take only on right side**
- **Cross the road only in zebra crossing**
- **Follow the Traffic signals**

- **Red - stop**
- **Yellow - Listen**
- **Green - Go**
- **Don't use Mobile phone while walking or riding a cycle**

11-C. Follow a marked track for one kilo meter.

Make the Cubs to familiarise the Tracking signs or Woodcraft signs. Inform the Cubs, the rules to be followed while following the trail like walk on the right side of the road, follow the traffic rules, do not disturb others etc. Always make them to remember the Cub Law and Cub Promise. Collect the materials required to mark the signs on the way. Have the required number of assistance. Send someone in advance to mark the signs. Instruct them properly regarding the route and the distance etc. Marks may be made by chalk or sand or ash or sticks or stones. Marking should be on the right side. It should be easily visible. It should not damage or disfigure the public property. See that the marks made are not disturbed by others. Tell the Cubs that they have to replace the letters or instruction as it was for use of the sixes that follow and the last six should clear all the markings and collect the letters and hand over them to Akela. Let it be a thrilling experience for the Cubs. Introduce new ideas like decoding and puzzles for excitement. At the end there must be some surprise by way of distributing sweets very small gifts.

12. Know Tabaqui Dance.

Tabaqui is the jackal, a sneaking sort of fellow. He is afraid to go about alone, so he always keeps near his fellow jackals although he tries to look like a Wolf, he never hunts or earns his feed like one, but sneaks about trying to steal or beg it from others. Then when he has got it he is not a bit grateful, but runs about yapping and yelling

MOWGLI AND SHERE KHAN

disturbing the game and making a regular nuisance of himself. There are lots of boys like Tabaqui who rush about yelling and making little asses of themselves and bothering people, always ready to beg for a penny or a bit of grub, but never anxious to do any work. They are quite ready to jeer or throw mud at people if they are at a safe distance away, but are awful little cowards really. I hope no Cub will ever deserve to be called Tabaqui.

Then there is Shere Khan. He was the big ferocious looking tiger. An awful bully. He was not clever enough to hunt and catch wild game, so he used to sneak about near a village and kill poor little calves and goats and even a defenceless old man if he could catch him asleep. Otherwise he was desperately afraid of a man.

Well, the Tabaqui thought a tremendous lot of Shere Khan. They followed him about and though he bullied them they kept telling him he was King of the Jungle and the finest fellow on earth. Of course they did this in order that he should give them a bit of his kill when he was eating it. I have known Shere Khan among boys, big ferocious, looking boys who bullied the smaller ones in order to get what they wanted out of them, but they were arrant cowards really if the small boy would only stick up to them.

In the Tabaqui dance the Pack is divided into two sections. Half of the Cubs-with a leader who is Shere Khan, are the Tabaqui, the others are the Wolves who, of course, have Mowgli with them.

The Tabaqui and Shere Khan do their parts first, so while the Wolves lie in wait at one end of the room (or field), the jackals form a circle round Shere Khan who prances proudly in the centre; swaggers for all he is worth and seems to challenge any and every one to come on and fight. "I'm Shere Khan, the Tiger King," he snarls and the jackals, as they move around him, murmur "Jackal, Jackal."

Suddenly a Tabaqui leaves the circle, sneaks up to Shere Khan and bows most humbly to him. Shere Khan, just for the bullying fun of the thing, aims a kick at his follower. The jackal dodges the kick, bows low again as if to say "Thank you" and runs back to his place. All this time he has been where Shere Khan can see him, but when he gets behind the tiger a great change comes over him, he stops cringing (that is, bending humbly) and makes a face at Shere Khan.

They are a nice Cubby set of people, aren't they? But look! The Wolves are moving. They sweep down on the Tabaqui and each of them carries off one of these little sneaks. When the noise and scuffle has died away and the wolves with their captives are lying quiet again, Shere Khan, who was just a little nervous during the tumult, looks around him, sees that he is alone and thinks to himself "I'm greater than I thought I was," "I'm Shere Khan, the Tiger King," he roars, hoping that all the jungle folk will hear and believe him. The jungle folk might believe him, but Mowgli has always known the tiger to be just a cowardly bully. He comes across now, very slowly, with one arm out stretched (a finger pointing) and his eyes on those of the tiger. Shere Khan cannot look at Man. He is afraid and though he goes on saying that he is the Tiger King, he gradually cringes down till he is flat at Mowgli's feet.

The Dance is over and the whole Pack rushes into form Parade Circle.

You may feel that it is rather a difficult dance, but it is well worth trying, for keen Cubs can make it very realistic and exciting. Others can, of course, spoil it altogether by playing about and not even trying to act. The whole success or failure rests on one thing, Cubs; may either want to show that for one, don't like sneaks or bullies, or some are not worried to think!

13. Attend at least 8 pack meetings after Dwitiya Charan.

On completion of the tests a Dwitiya Charan Cub will be awarded the Tritiya Charan Badge by the Local Association or the District Association, as the case may be, on the recommendation of the Training Counsellor who arranged the testing. The Tritiya Charan Badge is a cloth badge. The background shall be blue in colour containing three five pointed stars in white. It shall replace on uniform the Dwitiya Charan Badge.

A Tritiya Charan Cub is eligible to become a Chaturtha Charan Cub.

CHATURTHA CHARAN

BADGE REQUIREMENTS

1. Observe a pet bird/ animal and take care of it at least for three months.
2. Participate in an overnight Pack Camp.
3. Participate in a Pack Expedition.
4. Tie a Bowline, a Round turn and two half hitches and show their uses.
5. Open a small Savings Account at Post Office or Bank or plant at least two tree saplings in your locality and ensure their growth for at least six months.
6. Participate in a religious function and share your experience with your Cub Master.
7. Quality for one of the following Proficiency Badges not earned earlier :

   (a) World Conservation (b) First aider (c) Cyclist (d) Gardener (e) Book Binder (f) Heritage (g) Free Being Me.
8. Observe a Scout Patrol/Troop meeting in your locality for a month and discuss your observation with your Cub Master. (OR) Collect addresses of five Scouts in the locality and submit to the Cub Master.
9. Be able to tell about two national Heroes/Freedom Fighters.
10. Participate in "Free Being Me" Project of WAGGGS.
11. Gain Knowledge and practice simple Yoga in daily life.
12. To know from the Cub Master any two bites from Wolf Cub's Handbook.
13. Know the Shere Khan Death Dance.
14. Attend at least eight pack meetings after qualifying for Tritiya Charan.

1. Observe a pet bird or animal and take care of it at least for three months.

Keeping Pets: Dogs

Choosing a dog for a pet needs careful thought. It isn't enough to decide, 'That's for me! When a friendly puppy in a pet shop rolls his eyes at us and licks our hand. We have to consider is the size he will reach, the amount of exercise he'll need and the amount he is likely to eat. We also have to make up our mind whether the desire to have a dog is just a passing fancy or a feeling that will remain, for when had brought or been given a dog not only does that dog belong to us, but we belong to him. Dogs have an intense feeling of loyalty as do human beings, and an unwanted dog feels just as lost as an unwanted person does.

There are many breeds from which to choose a dog that suits our requirements; or we may prefer a mongrel to pedigree pup. Our local dogs' home will be able to help. A large dog can be an encumbrance in a flat or a small house-and his food bills will be high. A dog bred for an active open-air life may be unhappy in a town. So it should be thought over carefully before making a choice.

The dog will need a box or basket. Dog baskets are rather expensive, but a comfortable box can be made out of scrap wood without any difficult carpentry. It should be made big enough for him to move about in and to stretch in his sleep, yet cosy enough to keep him warm. The box should be in a corner free from draughts and should be lined with several newspapers to keep in the warmth. On top of these he should have an old rug or blanket. Most dogs like to roll themselves up in their bedding, just as many of us do. The bedding should be taken out of doors and shaken every day or two and the newspaper changed at frequent intervals.

If there is a garden and the dog is able to get plenty of exercise in it, then one short walk every day should be all the needs. Except in country districts, this should preferably be on a lead.

He will probably be untrained when it is first got. Training needs patience and if it seems to take a long time, it should be remembered that the training of a human baby takes far longer. It will help the puppy if started off with a regular routine of meals, walks and grooming.

At first, puppies need to be let out of doors every two or three hours during the day. A few messes indoors must be expected and the dog which learns quickly is the one which is praised for attending to his needs out of doors rather than the one which is punished for making a mess in the hall.

The Cub is to be taught to teach the dog to 'come to heel' when taken out of doors without a lead. A little perseverance should make him completely obedient to his orders. A disobedient dog is less to be blamed than his owner, for a dog naturally regards man as his master and disobeys only when that master no longer deserves respect. To earn that respect, the Cub have to be absolutely consistent about discipline. If the dog is punished or spoken to sharply for making a mess on the pavements then he must always be punished or spoken to sharply for it. If he is praised; above all, he must never be punished without knowing why.

Grooming varies for different breeds of dogs. Short haired dogs need only a bark rub down from time to time with a rough towel or a brush; long haired varieties need more frequent attention., with a steel comb and stiff brush. The dog should be taught to look forward to this as a regular habit and should be complimented on his smartness afterwards. Washing need not be frequent for most breeds and should be done either with ordinary toilet soap or with dog soap sold by pet shop. Kitchen soap should not be used, as the soda will harm his as well as irritate the pores of his skin. The temperature of the water should be moderate. Immediately after his bath the dog should be very thoroughly dried, otherwise he'll undertake this himself and in doing so probably make himself dirtier than he was before.

A dog's diet should consist of about a half ounce of meal for each pound of its weight, as well as about the same amount of cereal and vegetable matter. The quantities required must be adjusted according to the amount of exercise the dog gets. It is as important not to over

feed as it is not to be underfed, as over feeding brings about various stomach troubles which may be difficult to cure.

Meat should not be overcooked and many dogs prefer it raw. Bones carefully chosen in order to avoid those which may cause injury through sharp splinters, are used by most dogs more as playthings than as a source of food and to compensate a dog for the lack of mineral from bones be should be given a small amount of ground bone meal in his diet.

A puppy should be fed four or five times a day, but by the time a dog is fully grown he should be fed only one main meal a day and should know the exact time at which to expect his food. The dog should always have access to a supply of fresh water.

Cats:

A kitten is ready to leave its mother at eight weeks, by which time it should have learned to attend to its needs out of doors or in an ash box placed in a corner. A cat needs the same kind of bedding as a dog, also the same chance to go out of doors for exercise. It should not be attempted to help a cat keep itself clean; unlike dogs, cats spend much of their time doing this very efficiently and our assistance will not be appreciated.

Kittens should receive several feeds a day, but by the time they are six months old this should have been reduced to two, or even one, given at regular times of the day. A healthy adult cat should receive about half an ounce of food for every pound it weighs. Milk, meat, fish, liver and most table scraps, providing they do not contain too much spices, are their basic diet. A cat should always have access to a supply of freshwater.

Mice:

All varieties of mice need warm temperature and must be given a cage with plenty of room. Its floor should be littered with clean sawdust, which

should be changed frequently. Grain mixture and bread is the ideal diet, with fragments of cheese and green stuff. The water supply must be kept fresh.

Hamsters

Golden hamsters are kept in the same way as mice. As well as breed and cereal, they enjoy carrots, maize, meal and milk.

Guinea pigs

Guinea pigs are best kept out of doors in a warm shed which is thoroughly protected against rats, cats and dogs. They should have an outdoor run on the sheltered side of the shed. The shed itself should contain plenty of litter for bedding; wood wool or fine shavings are ideally suitable for this. The bedding should be changed frequently to avoid unpleasant smells and the danger of disease. Guinea pigs need about an ounce of cereal daily (bran and crushed oats), with a plentiful supply of garden green stuff. Fresh water should always be available.

Rabbits

Rabbits require much the same housing as guinea pigs but the food may be more varied. Rabbits will thrive on many kinds of household scraps, such as bread, cooked potatoes and plenty of green food.

Tortoises

A tortoise, as he carries his own house with him, needs only a shelter to keep off heavy rain and wind. A small wooden box on its side in the garden is adequate. In a garden which contains plants of value it may be necessary to limit the tortoise's

movements by boards or low fencing, for he will spend much of his time wandering about and sampling different kinds of green stuff. In winter he will hibernate and it is important to know where, as once this has happened he must not be disturbed until the warmer weather returns. If brought into a greenhouse or shed to hibernate in a box, he should be given plenty of straw and dry leaves with which to cover himself completely. If he hibernates in the garden, he will probably fail to cover himself with a thick enough layer of earth to keep out the frost and so a thick wad of straw should be placed on top.

During the summer the moisture from green stuff maybe insufficient, a tortoise should then be given a supply of fresh water in a shallow plate or saucer.

Cage Birds

Canaries require a diet composed of canary seed, summer rape seed, cuttlefish bone had a little green stuff. Fresh water should always be provided in the cage. Budgerigars should receive millet and canary seed, with lettuce or other green stuff in small quantities. The secret of successful bird keeping is attention to cleanliness; the cage must be kept spotlessly clean and the water changed as often as possible. Care must also be taken to prevent draughts.

2. Participate in overnight Pack Camp

Camping for Cubs:

Going for camping or for a pack holiday is an additional opportunity to get together. It gives the Cubs more time for fun and free play. Cub Masters and Cubs live together as a family in a house. Here they learn how to get on with each other. They learn how to take care of themselves and their belongings, how to do their share of work and to be observant in all the activities.

The Cubs will have the maximum satisfaction of accomplishment when he is with his own group. This will give you (the Cub Master) a chance to know more about the Cubs and he can easily lend a hand whenever and wherever possible. Thus we see camping or pack holiday programme will provide opportunity for progressive

experience to the Cubs. A Cub should at least serve one year in the Cub pack before he goes out for camping or pack Holiday to get the maximum benefit. It is absolutely no use in taking the Pratham Charan Cubs for a Pack holiday. The Cub Master should be prepared to share experiences of both delightful and difficult circumstances.

Before taking the Cubs out the Cub Master should get permission letter from the District Commissioner (Scouts). Contact should be made to concerned authorities for building, transport, food arrangement, doctor etc. The Cub Master should make a visit to the place as often as possible to have a clear idea so that it will be easier to answer the questions of the parents, work out details of staff, medical aid, finance drinking water, sanitation, fresh vegetables,. Detailed programme should reach the parents and the District Commissioner (Scouts) at least one month in advance.

Pack holiday may be held in private building or any other suitable building with adequate space for indoor and outdoor activities. The place should be safe, easily accessible. A team of helpers to help in the conduct of the Pack holiday to be got by the Cub Master. Balanced diet should be served and meal times should be regular. The days programme should be full but never be rushed and plenty of time should be allowed for all the activities whatever the theme is chosen. Plenty of illustrations and coloured charts to be displayed and if possible the charts be changed to retain the interest.

The Cub Masters will be surprised when they find the Cubs suggesting various activities at the Pack holiday. The Cub Master should remembered that, they have very little idea of time, so programme be ready on the notice board.

Cubs will get a chance to see, know, and do:

a) Learn good manners in the out door.
b) Learn to dress for outdoor activity.
c) Learn to handle knife and chopper.
d) Practise simple First aid.
e) Learn how to build and put out fire.
f) Learn to cook simple dishes
g) Learn to lay and follow a trail.
h) Learn to use compass.
i) Learn about plants and insects.
j) Learn how to make use of toilet facilities, to make beds, serve meals, tidy palces and arrange flowers.

The following are the rules to be followed while organising a Camp which are prescribed by the Bharat Scouts and Guides.

CAMPS FOR CUBS:

i. Only a Cub who has earned Pratham Charan Badge and completed seven years of age is eligible to attend a camp.
ii. A Cub Pack camp shall not ordinarily last for more than three nights.
iii. A Cub Pack camp shall normally be conducted in permanent shelter/tents with ample safety measures.
iv. In order to regulate proper arrangement for camp/ trek or hike "Permit Card" signed by the Cub master shall be issued. The concerned District Organising Commissioner shall issue 'Permit Card' only to the Cub master in charge of the pack.
v. No Cub camp shall be held outside the State except with the written permission of the concerned State Commissioner.
vi. There shall be not less than two adult leaders for a Cub Camp. There may be one adult for every six Cubs in a Camp.
vii. No Cub master or Assistant Cub master shall conduct a Cub Camp without prior written permission of the concerned District Commissioner.

3. Participate in a Pack Expedition:

Children love outings. It is advisable to organise Pack expedition once in three months. Arrangements such as mode of transport, permission, food etc. are to be made perfectly beforehand to avoid undue disappointments. It should be made as a very interesting programme for a Pack expedition which is as follows.

Expedition

Assemble inspection spin a romantic yarn (historic, traditional or imaginative) about the journey instructions, Observation Games on the way.

A. Exploration of the countryside a scenic spot or a sylvan garden

B. Observation of any historic building like the fort.

C. Visit to the Zoo or a Sofa Factory. Any one of these three items. Light Refreshments Inspection, Home Going.

The aim of the Pack expedition should be to give maximum knowledge about the environment with fun.

4. Tie a Bowline and a Round turn and two half hitches and show their uses

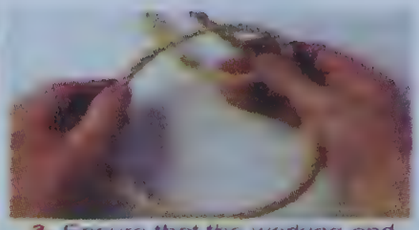
The Bowline is a lifesaving knot thrown to a man struggling in water, it can help him to save himself. If he brings the loop around his body or if he holds the loop firmly in some way or other he can be easily dragged too safely. The knot can also be tied round the neck of cattle, dogs and so on to keep them under control.

The finished bowline is as in the figure. It is just a loop.

So it is suitable for tying up a boat or an animal. It must be made sure that the same direction, i.e. with the short end and going over the standing part first. The knot does not easily jam, for the turn round the pole takes the strain while the hitches are being completed and it is the most useful knot for towing broken down car.

1. Bring the working end across the standing part of the rope to form an overhand loop.

2. Rotate the hand clockwise and so produce a smaller loop in the standing part of the rope.



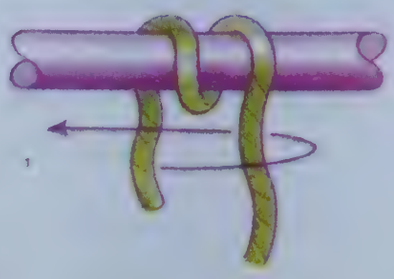
3. Ensure that the working end points upwards (from back to front) through the small loop.

4. Lead the end around behind the standing part of the rope.

5. Then tuck it back down through the small loop, this time from front to back.

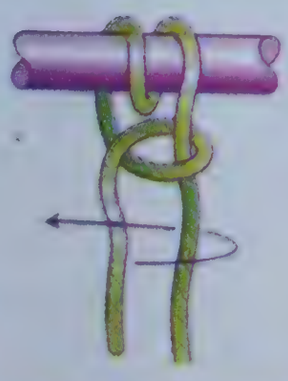
6. Arrange the completed knot with a long end (longer than shown) and consider further securing it with tape, a half hitch or other extra fastening

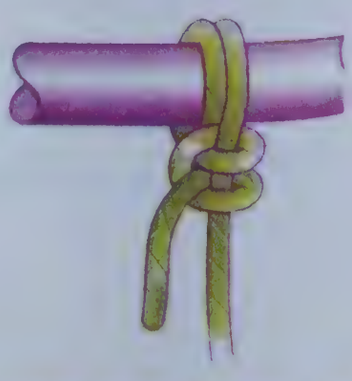
Round Turn and Two Half Hitches



This is a classic old hitch for securing a line to a ring, rail or to a spar.

Method: The friction of the round turn to be used to snub and hold the load; then add the two identical half-hitches. The two half-hitches have a breaking strength of 60-75%, but the round turn may increase that percentage.





5. Open a small Savings Account at Post Office or Bank or plant at least two tree saplings in your locality and ensure their growth for at least six months.

Small Saving Account at Post Office is Bank.

The Cub Master should educate the Cub regarding the advantages of savings and how to open an account at Post Office or Bank. The form is to be brought and explained to the Cubs page 126 & 127.

Tree Saplings

Plant at least 2 trees in your locality and ensure their growth

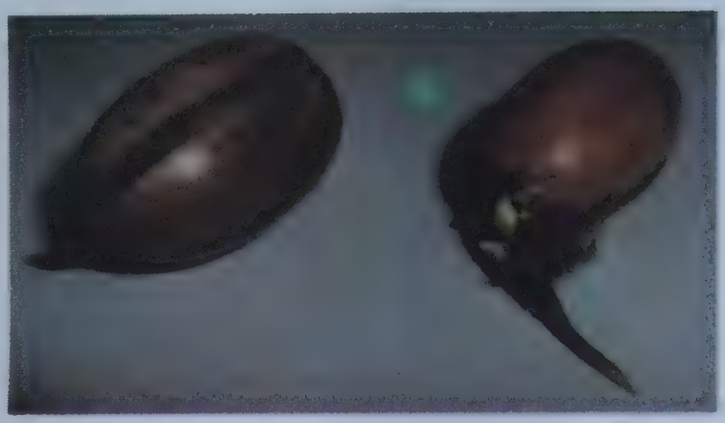
It is a good habit to plant trees as it is a source of oxygen. It also gives shade, helps in forestry, medicine, agriculture and also keeps the greenery of our country.

What are saplings?

Saplings are young trees. They can be produced in various ways:

- Through seed
- Vegetatively through cuttings

Seed



In general, seed produces plants that are variable in genotype and phenotype.

Genotype is the genetic capacity and characteristics of the plant.

Phenotype is the visible characteristics of the plant.

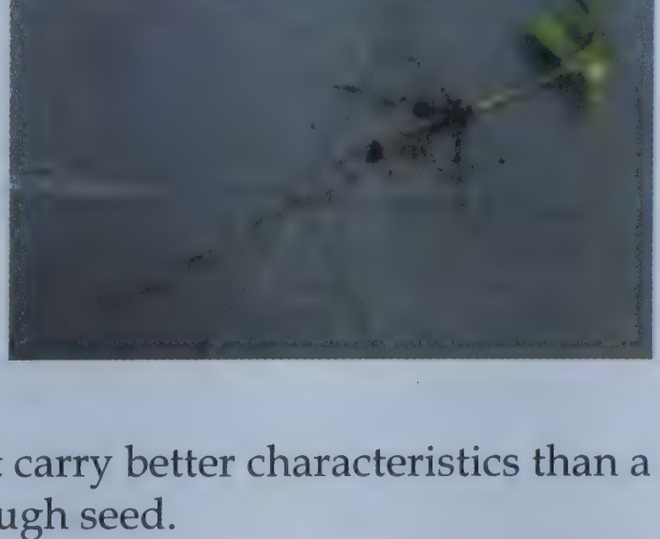
In short, we can say that variable populations of plants differ externally in how they look and differ in their capacities - like growth, resistance, fruit production, etc. Populations grown from seed are far more resistant to diseases for two reasons:

Through multiplication by seed, the plants are by nature, virus-free;

In a variable population, plants have variable capacities to protect themselves against diseases. If a disease attacks a population originated from seed, one plant may die while another survives as it is less sensitive or not susceptible to that disease.

Vegetative multiplication or reproduction

Multiplication from one plant to a population of many. This can be done through the traditional way of cutting and re-rooting, or through tissue (vitro) culture multiplication. With these methods, all plants have the same genotype and phenotype. Through selection of the mother plant we can choose a plant that has extra capacities like more production, stronger growth, etc. But they are also very vulnerable to diseases to which they have no resistance. Once attacked, the whole population can and often will die.



Vegetative multiplication from a variable population of plants. With this method, the population is more variable than one created by vegetative multiplication from one plant; so it is less sensitive to an attack from disease. The advantage of this method is that we can focus on multiplying mother plants that carry better characteristics than a population that is multiplied through seed.

Vegetative multiplication can be done through roots, stems or (small) parts of them.

Saving Account Opening Form

POST OFFICE SAVINGS BANK
ACCOUNT OPENING/PURCHASE OF CERTIFICATE APPLICATION FORM FOR INDIVIDUALS

For Office Use			
Post Office:	Date:	SOL ID:	
Account/Registration No.		CIFID(1)	
CIFID(2)		CIFID(3)	

For Applicant(s)

*1. I/We request you to open:- _____(Savings (with/without cheque book)/Basic Savings/RD/1/2/3/5 Years TD/MIS/SCSS/PPF/SSA or issue NSC(8th/9th issue) or KVP) in my/our name(s).

*2. Full Name of applicant(s)/Guardian (in case of minor/Lunatic A/C), in CAPITAL Letters (leave space between words)

	Mr./Mrs./Ms./Other	First Name	Middle Name	Last name	Gender
1					
2					
3					

*3. Full Name of father/husband/Mother, in CAPITAL Letters

_____

*4. Residential Address	First Applicant	2nd Applicant	3rd Applicant
Flat No./Bldg. name			
Street/Road/Locality/Village			
Tehsil/Post Office			
City and District			
State			
Pin Code			
Tel./Mobile No.(optional)			
Email (optional)			

	*5. Applicant's Date of Birth (dd/mm/yy)	PAN Number or Form 60/61)	CIF ID (if already exists)
1			
2			
3			

*6. Operating Instruction (please tick √ the empty box)

Single/Self		Either or Survivor (Joint-B)		Jointly (Joint-A)		Through literate agent	

*7. Detail of Know Your Customer (KYC) documents submitted:-

	Photo ID of Applicant(s)			Address Proof of Applicant(s)		
	1st	2nd	3rd	1st	2nd	3rd
Type of Document						
Document No.						
Valid up to (if any)						

*8. Detail of First deposit:- Amount Rs.(figures)_____.(words)_____
Mode of Deposit_____

9. Nomination:- I/We nominate the person(s) named below under Section 4 of the Government Savings Bank Act, 1873 (5 of 1873) to be the sole recipient (s) of the amount standing at the credit of the account in the event of my/our death.

Name & address of nominee(s)	Date of Birth (in case of minor)	Share of nomination	Name & address of person who may receive the said amount during the minority of the nominee(s)

Signature of witness in case depositor wish to make nomination
Name & Address of witness_____

*Mandatory Fields to be filled by customer.

10. AADHAR NUMBER:-_____

11. Please open, Minor A/C through Guardian/Lunatic Account through Guardian/Blind/Physically Handicapped/Illiterate through Agent/Pensioner/BPL/SB Basic Savings Account/Sanchayika Account/Others_____

12. In case of minor/Lunatic Account, please fill Name of Minor/Lunatic and his/her Relationship with Guardian_____
_____

13. In case of other than Minor/Lunatic, please enter Name of Sanchayika/Government Welfare Scheme and PPO/BPL/Registration/Enrollment number:- _____

14. Amount of Monthly Installment (In case of RD Account):-Rs.(in figures)_____(in words)_____

15. In case services of SAS/PPF/MPKBY Agent are taken:- Name of Agent_____Authority No._____Valid Up to_____.

16. Standing Instructions if any :-_____

17. I/We authorize Agent (name)_____ to receive Passbook/Certificates on my/our behalf.

18. Received Certificate(s)_____Signature of investor/messenger/Authorized agent

Declarations

I/We hereby declare that I/We have clearly understood POSB General Rules 1981 and Post Office Savings Account Rules 1981/ Post Office Recurring Deposit Rules 1981/ Post Office Time Deposit Rules 1981/ Monthly Income Account Rules 1987/ Senior Citizens Savings Scheme Rules, 2004 and Sukanya Samriddhi Account Rules 2014, PPF Rules 1968. NSC(VIII) and (XI) issue Rules, KVP Rules (amended from time to time) governing the accounts/Certificates under this scheme and to abide by such rules framed by the Central Government as may be applicable to the account from time to time. I hereby declare that i am not maintaining any other Public Provident Fund Account and I will not exceed maximum deposit limit fixed from time to time in self as well as my minor accounts (combining all accounts) where I am a guardian.

DATE:

Signature/Thumb Impression:-

1st Applicant 2nd Applicant 3rd Applicant

Space for affixing photo of applicants

All Fields to be entered into system by Counter PA.

For Office Use only

Certified that I have verified the documents submitted with this application form and confirm that KYC norms are fully complied with. Following serial numbers of NSC(s)/KVP(S) issued (in case of NSC/KVP Application):-

Serial Nos.of certificates	Denomination	Date of issue	Date of encashment

Signature of BPM
Date Stamp

Signature of Sub/Head Postmaster
Date Stamp

6. Participate in a religious function and describe to the Cub Master your experiences

The Cub Master should explain to the Cubs that as a Cub, he must take part in religious functions so that he can understand all the religious ceremonies which as Cub you should know, so that from childhood he will have faith in the religion and should make a descriptive report of it and show it to the Cub Master.

7. Qualify for one of the following proficiency badges:

(a) World Conservation **(b) First aider**

(c) Cyclist **(d) Gardener**

Refer A.P.R.O. PART II

Contact Badge Instructors of your District and arrange for training of the Cubs for the respective Badge(s) they have chosen as per their interest when they get qualified, contact the Badge Examiners for their test once they are qualified, you can engage for Presentation of Proficiency Badges on a suitable occasion.

8. Observe for a month a Patrol Troop at work in the neighbourhood and discuss with the Cub master about your Impressions

As a member of a Cub Pack, he should have friends who are Cubs in other Packs. He would have met his elder brothers in uniform. Explain to the Cubs to who are called Scouts who work in Troops; try to find out such a Scout Troop near that area and watch them how they work, what they learn etc. Also to observe them at work visiting their Patrol/Troop at work at least 4 times and discuss what they have observed with you. Observations be recorded in the following tabular form. The observation he had made will help him to continue his membership in this movement when he completes 10 years.

Name of the Patrol/Troop: **Place:**

Date of visit	Nature of Activities observed	Remarks of the Cub Master	Signature of the CM

OR

The Cubs have been the members of this movement and learning quite a lot of things. Likewise their father, uncle, brothers or any person living near their house in the locality would have been members of this movement. Try to contact persons who are Scouts and motivate them to collect the name with full address of those people and prepare a register. Encourage them to collect maximum number and hand over to you. These friends may be able to help your Pack in many ways.

Collect addresses of five Scouts in the locality and submit to the Cub Master.

Sl. No.	Name of the Troop/	Name of the Scout/	Residential address	Email ID with mobile No.

A child is a father of man so also a Cub would one day be going to be promoted to the Scout Troop. If from Cub age a boy has observed the working of the Patrol of the Troop he would feel very much comfortable at home, when he is promoted to the Scout Troop. A Cub is required to write a report of his observation and the impression about the same.

OR

Collect from the locality the addresses of those who were Scouts and Guides previously and hand over to the Cub Master

The new boy programme is aimed at enhancing the Scouts/Guides image in the eyes of the general public and making them aware of the qualities and benefits of the Scout /Guide movement. As it is said "**once a Scout always a Scout**". Cubs should collect the addresses of such people in the locality who were once Scouts or Guides and hand them over to the Cub Master so that their services could be utilised

as Scouters/ Guiders, instructors or examiners. Their services could be utilised at camps or other programmes.

They can also be encouraged to join the former Scouts and Guides Association.

OR

Know the situation of the nearest Police Station, Hospital, Dispensary, Railway Station, Fire Station and Bus Stand in the locality. Each Cub should know his nearest addresses of the above and should even know the way, because as a Cub he must be able to help or guide others.

On completion of the tests a Tritiya Charan Cub will be awarded the Chaturtha Charan Badge by the Local/ Association or the District Association, as the case may be, on the recommendation of the Training Counsellor who arranged the testing. The Chaturtha Charan Badge is a cloth badge. The background shall be blue in colour containing three five pointed stars with an arrow below them, all in white. It shall replace the Tritiya Charan Badge on the uniform.

9. Be able to tell about two national Heroes/Freedom Fighters.

The Cubs have to prepare the life stories of two National Heroes/ Heroines Freedom Fighters like Mahatma Gandhi, Bal Gangadhar Tilak, Subhas Chandra Bose, Jhansi Ki Rani, V.O.Chidambaram, Subramaniya Bharathiyar, Veera Pandia Kattatomman and so on in about one or two pages and tell to the Pack.

Hints:- Names of Heroes chosen by their parents, year of birth, place of birth, about their early life, studies status, what they did for the freedom, etc.

Guide the Cubs to collect the information from their parents, history books, and history teacher and get trained by their language teachers.

10. Participate in "Free Being Me" Project of WAGGGS.

Sheet 1.1

The Princess and Superhero list

Parent letter

Dear Parent/Carer,

Our Girl Guide/Girl Scout group is about to start an exciting new activity programme called *Free Being Me*. This unique programme uses fun activities to empower children and young people to be more body confident, stand up to social pressures, connect with Girl Guides and Girl Scouts around the world and make a difference in their local communities.

Global research shows that low body confidence holds young people back from reaching their full potential, with over 60 per cent of girls avoiding activities they love because they feel bad about their looks1. This includes important life activities like giving an opinion, dancing and swimming, going to parties, and putting their hand up in the classroom. A global study by the World Association of Girl Guides and Girl Scouts with women and girls from 70 countries found that at least 45 per cent believe that girls and women are held back from taking on leadership positions because they lack confidence in the way they look.

Free Being Me has been co-created especially for Girl Guides and Girl Scouts by the World Association, the Dove Self Esteem Project and body confidence experts. The activities have been informed by world-leading research in body confidence, which shows that 60 per cent of girls who take part in this type of non-formal education programme feel significantly more body confident at least three years later. Feedback from thousands of girls around the world has also shown that they are excited to talk and learn about body confidence.

More than three million girls worldwide will take part in *Free Being Me*, and our national Association has committed to supporting this worldwide campaign to make a lasting positive difference to the body confidence of its members.

Free Being Me is a five-session journey. The first four sessions equip participants with the knowledge and skills they need to be more body confident. The fifth session applies this learning to planning a Take Action project, which we will run after the session. Our Take Action project needs to reach as many young people as possible with these important messages!

Between each session, your child will bring home a sheet asking them to complete a Personal Challenge. This will have been explained during the session, and all the instructions are also on their sheet. We have summarised the Personal Challenges below.

We would really appreciate your support to ensure *Free Being Me* has the best possible impact for our group. If you would like to learn more, or if you are interested in volunteering to help out during the programme or with the Take Action project, please get in touch with one of our leaders.

If you are interested in finding out more about the project, go to **www.free-being-me.com**.

Thank you for your support,

Leaders of X group

Sheet 1.2

Beauty Around the World Facts

Somewhere in the world...

...it is considered that big women are beautiful.

In Mauritania in Africa, it's desirable for women to be as big as possible. Unfortunately sometimes girls are even force-fed to make them more attractive.

...people think it's beautiful to have a very long neck, and women make their necks longer with metal rings.

There are communities in Thailand and Myanmar where women and girls stretch their necks to be considered beautiful and show they belong to their community.

.. very high hairlines and big foreheads were thought very attractive - and people would pluck their hairline to make it higher.

In 16th century England, the ideal beauty was the Queen, and she shaved her hairline to create a big forehead. Whatever she did, her people wanted to copy.

...people with tanned skin are considered more beautiful, so women and men will sit under big lamps, spray paint their bodies or rub lotion into their skin to tan it.

In countries like Australia, the UK and the USA, many people want to look like they have been in the sun and have tanned skin, so they tan themselves with lotion or sunbeds or spend a long time in the sun. This can be dangerous and bad for your skin.

...people feel it's more beautiful to have a lighter skin tone, and women and men will rub lotion into their skin to whiten it and avoid going in the sun.

In many places in Asia, such as India, China and Pakistan, lighter skin is often considered more attractive. Some people believe they will be more successful with whiter skin.

...tall is beautiful, and some people have surgery to make their legs made longer.

In some parts of Asia, such as South Korea, people have increased their height by having leg-lengthening surgery.

...people say a beautiful woman has a very curvy figure

In Brazil, curvy women are the most admired - though this is changing through being influenced by other countries, and people are starting to see beauty as being thin.

.. people have thought it beautiful for women to have very tiny feet, and girls had their feet bandaged to stop them growing.

In China, foot binding was very popular until the early 20th century. The way it made women walk was seen as attractive.

...a uni-brow - where both eyebrows join in the middle - is seen as beautiful for women.

In Tajikistan, women feel very lucky if their eyebrows grow across their foreheads. If they don't, they use a herbal mixture to draw a line and join their eyebrows together.

...having a plump curvy bottom is the most beautiful way to be

In Jamaica, dancing is very important. Women with bigger bottoms can wiggle them a lot when they're dancing, which people find beautiful.

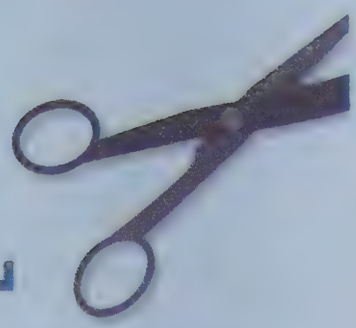
... dyed black teeth were thought to be very beautiful in women.

This is called Ohaguro, and was done generally by married women, and sometimes men, in Japan, until the 1900s. It followed an ancient tradition that pitch black things were seen as beautiful. The dye actually protected their teeth from decay!

Sheet 1.3

Real Role Models

Who's your role model?



My role model is .....

I know them because

I really like them because

Sheet 2.1

Once Upon A Time

Once upon a time, there was a mouse called Millie, who liked nothing more than spending a day playing with her friends, swimming in the pond and eating her favourite kind of cheese as a treat. Millie's best friend was called Gilly.

Gilly was great fun to be around, and made everyone giggle. Before Gilly went out to play though, she would always try to make sure she looked dressed up. Her whiskers would be polished, her claws painted and her fur brushed and shiny. She liked to sneak a look at her mum's favourite magazine, MouseGirl, she thought that if she tried hard to look like the mice in the magazines and on the TV, it would mean that she would fit in better at school and have more friends.

One warm sunny day, Millie, Gilly and their friends agreed to go to the pond for a swim. Millie knocked on Gilly's door to collect her. She waited... and she waited... then she knocked again. "Gilly?!" she called up to her friend's window. Eventually the door opened, and Gilly's mum came out looking cross. "Gilly's still getting ready, I'm afraid," she said. "Why don't you go and get her, I've been trying to get her to go outside all morning!"

Millie ran upstairs to find Gilly brushing her fur. "Come on! We've missed loads of fun already, your fur looks great how it is!" said Millie.
Gilly didn't think so – she looked miserable. "I can't possibly go out like this! Look at me, I look like a sheep not a mouse!" Millie thought her friend looked perfect the way she was, and told her so. Gilly didn't listen.

"Come ON, Gilly!" Millie said. Eventually, Millie helped Gilly straighten the last bit of fur. Gilly stole one last look at the mirror, straightened a whisker, and finally went outside.
The warm sun beamed down on them as they ran happily to see their friends at the pond.
As she ran, Gilly tripped on a stone and stumbled. "Whoops!" said Millie, "are you ok?"
"N—n- no!" whimpered Gilly. "Look at my claw polish! It's ruined!" Millie looked, and there was a tiny chip on Gilly's claw. "Never mind," said Millie. "You can always repaint it when you get home".
"But it looks awful now!" Gilly said sadly.
"Everyone will laugh at me – I'll see you later, I'm going home to re-do it."
"No you don't! We're late already, come ON! No-one's going to care!"
Eventually Millie managed to persuade Gilly to keep going.

They reached the pond and everyone was excited to see them. Millie jumped into the water and made a huge splash! Everyone laughed, even the lifeguard, except Gilly who ran quickly backwards to avoid the splash.
"Come on Gilly, your turn!" everyone yelled.
"Oh no," Gilly said. "I've just come to watch – I've just brushed my fur and I'll look awful if it gets wet."
Millie and all her friends tried to persuade her, but it was no use.
All day, Gilly sat on the edge of the pond with her paws in the pool, watching the others. She wanted so much to join in, but she was worried that the other mice would think she looked silly. At lunch time, she joined in the picnic but wouldn't eat even a little bit of the cheese Millie had brought – she was worried she'd get fat.

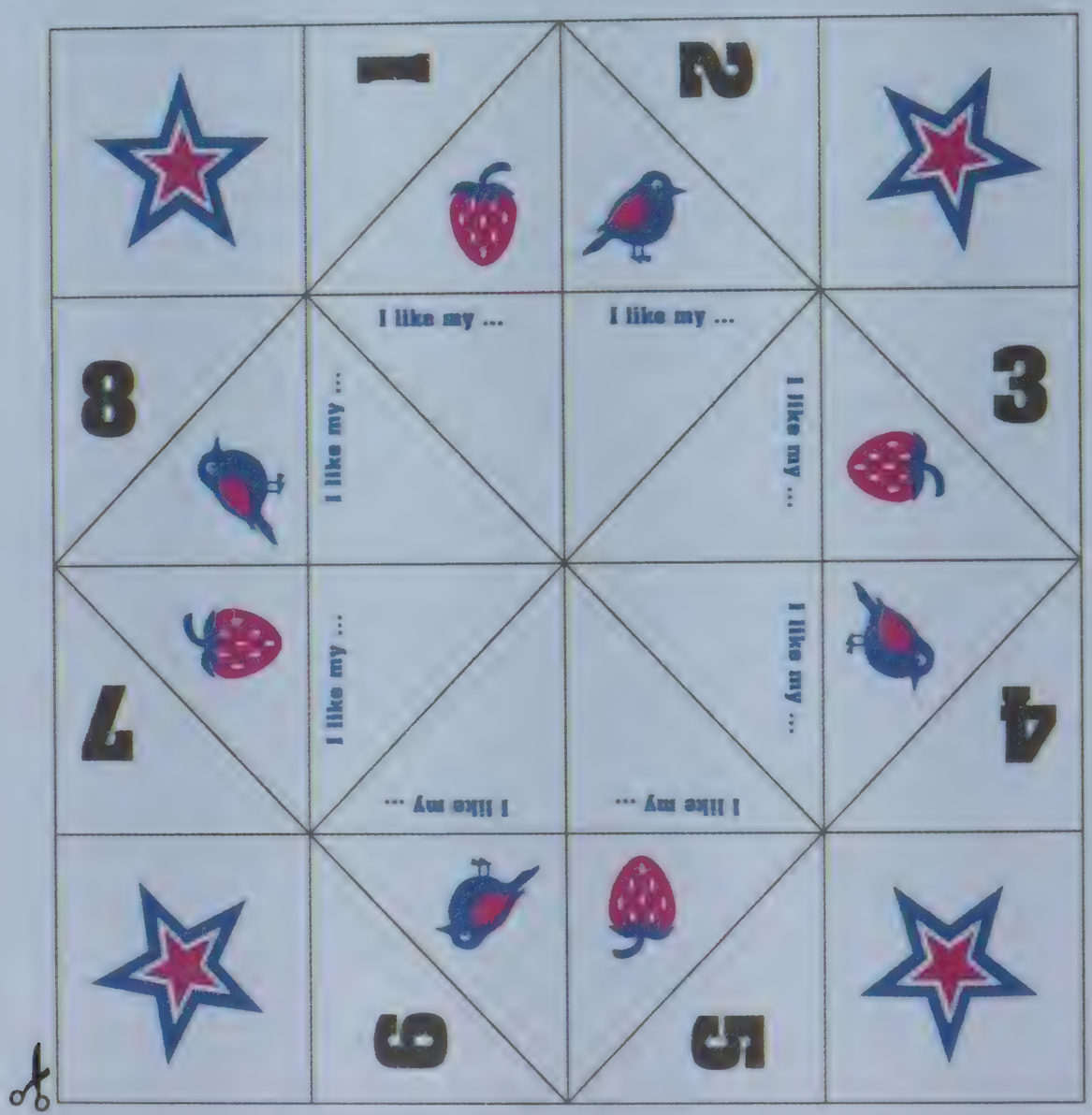
After their long day playing in the sunshine, everyone went home to bed. Millie couldn't sleep though. She lay awake feeling a bit sad that Gilly wouldn't join in, and didn't seem to be having fun like everyone else. How could she help Gilly, and show her how much more fun it is to be yourself? She wasn't sure...

Sheet 2.2

I like me fortune teller

Fill out this fortune teller with eight special things you like about yourself. Try to make at least four of them about the way you look!

Don't fold it yet...
Bring it to the next *Free being me* session.



Sheet 3.1

Airbrushing Spot the Difference

Original

Retouched

Original

Retouched

Sheet 4.1

Feeling Great messages

I dont want to go swimming anymore because my knees look knobbly.	My hair is really frizzy, everyone else has straight hair. I should straighten mine.	My clothes are babyish, I'm going to get teased.
My friends wont like me if I'm not pretty.	I'm shorter than my friends' I dont think I'm ever going to grow tall.	If I'm not popular, I'll never have any friends.
My shoes are really ugly. People will laugh at me.	Perhaps I should try wearing make-up to make me look older?	Everyone in this TV show is tall and skinny. I feel really ugly when I compare myself to them.
My sister said that skirt looks silly on me.	My tummy sticks out. I better wear a baggy T shirt.	If I dont like pink, I'm not a normal girl.

Sheet 4.2

Free Being Me
Pledge Card template

By taking part in Free Being Me, I have learned...

1)

2)

I promise to do my best to share these messages by...

1)

2)

Free Being Me key messages

There isn't just one way to look beautiful.

What's inside matters the most.

It's great to appreciate what our bodies can do, as well as what they look like.

It's important to be yourself. We are all different, and that makes us special.

People don't decide if they like you or not just based on what you look like.

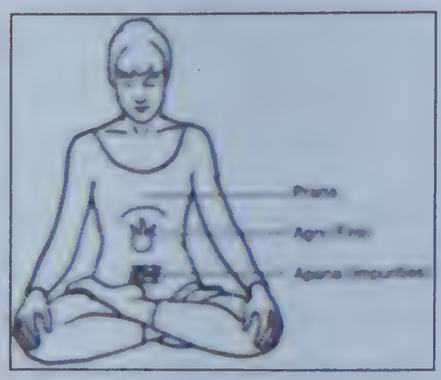
Sheet 5.1

Take Action Planner

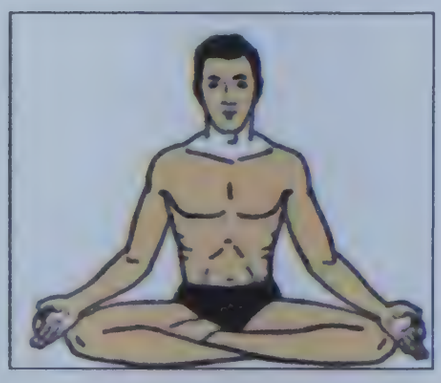
Take Action stage	Ideas	Our notes
What do we want to tell people?	Use the ideas you come up with as a whole group of what you all learned from *Free Being Me*.	
Who do we want to share our messages with?	School pupils, friends, family, other youth groups, people coming to community events.	
How can we encourage people to take part?	Use your T-shirt slogan in some way – can you put it on your invitation?	
What will our Take Action project look like?	Run a café, stage a show, have a sleepover, run a special Girl Guide/ Girl Scout meeting, have a party, hold a community event, take over a school assembly or break-time...	
Where will our Take Action project happen?	Your meeting space, school, community space, outdoors, your house...	
Who will do what?	Give each person a job and make sure everyone is included.	
Do we need any help?	Think about who you might need help or permission from.	
What resources do we need?	Pens, paper, food, drink, chairs, tables, music, laptop...	

It will be good if you contact your DOC(S) or SOC(S) to attend workshop on FBM.

11. Gain knowledge and Practice of simple Yoga in daily life:



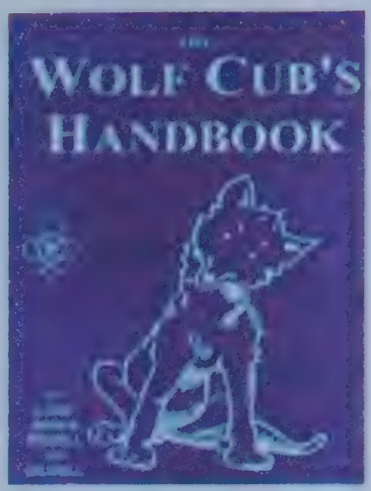
Yoga developed in India many years ago is slowly gaining popularity across the globe owing to the number of benefits that it has on the mind and body of a person. The basic principle of yoga is to bring about harmony of the mind, body, and spirit.



As Cubs they should practice simple yoga involving Pranayam and simple Asanas like Padmasan etc., to derive the following benefits:

- Practicing yoga increases the capacity of lungs, so people suffering from diseases like asthma and other lung-related disorders may find relief
- Helps in relieving emotional and nervous anxiety
- Improves immunity of the body
- Rejuvenates and refreshes both body and mind
- Releases chronic muscle tension around vital organs like heart and digestive organs
- Helps improve concentration
- Purifies blood by getting rid of toxins and also increases oxygen level in blood
- Promotes good sleeping pattern and also cures insomnia
- Improves blood circulations
- Helps in easing out the stress levels
- Improves conditions of high blood pressure and low blood pressure
- Improves digestion

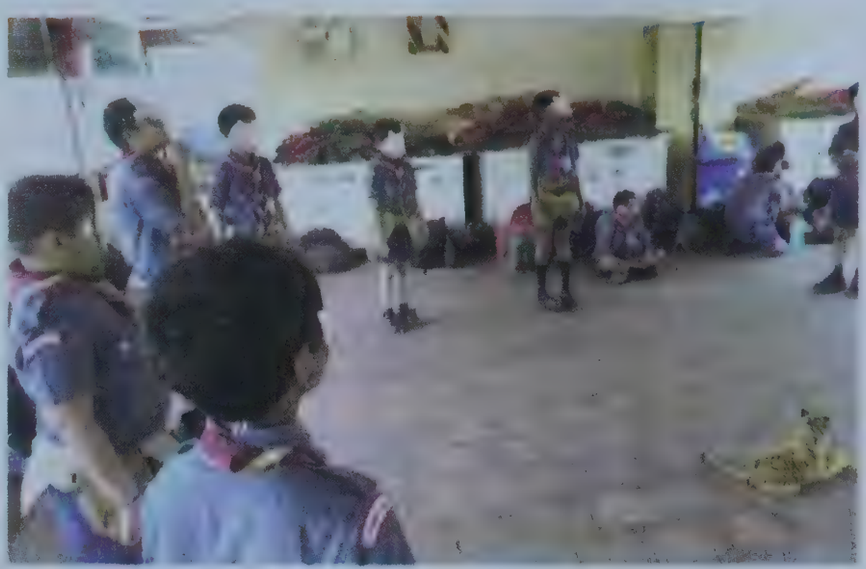
12. To know from the Cub Master any two Bites from Wolf Cubs Hand Book:



Our Founder wrote many books out of which Wolf Cubs Handbook is the most important book for the Cubs.

Here the chapters are named as Bites. There are 16 bites, interesting information is available in this book. Cub Master must read the Wolf Cubs Handbook and ready to explain any two bites of his choice.

13. Know the Shere Khan Death Dance.



Now back to the jungle for the Dance of Shere Khan's Death. The bullying tiger's last day came when rudely awakened from a sleep in a dry ravine of the Wainganga River. At dawn he had killed and eaten a pig and had drunk, too. Mowgli, with the help of Akela and Grey Brother, divided a herd of buffalo in two and drove them into the ravine from opposite ends. Shere Khan, unable to climb up the sides of the ravine after his big meal, was trampled to death beneath the feet of the terrified buffaloes. It was a dog's death. Now for the Dance, first the Pack form a circle and turning to the left, walk round signing the following words to the tune of free facques:

Mowgli's hunting,
Mowgli's hunting,
Killed Shere Khan,
Killed Shere Khan,
Skinned the Cattle eater,
Skinned the Cattle eater,
(Yell) Rah-rah-rah !
Rah-rah-rah !

(For after Shere Khan was dead Mowgli skinned him, although he had a quarrel with old Buldeo the Hunter first and had to ask Grey Brother to hold the man to the ground until he promised to go away. Mowgli took the skin to the Council Rock afterwards, as you know). Now return to the song. One step is taken to each line and the song is immediately repeated, with everyone turning about and moving in the opposite direction. The actions are as follows:

Line 1.move off with right foot and right hand, the hand is held to shade the eyes in the attitude of a Scout peering over the country.

Line 2 Repeat with left hand.

Line 3. A vigorous stabbing movement with the right hand, as though stabbing a tiger.

Line:4 -repeat.

Line:-5, both hands raised in front of face, imitate action of skinning, by tearing the hide part.

Line -6. Repeat.

Line: 7- dance round to the right waving the arm above the head.

Line: 8- repeat.

For the second part, Cubs get down on all fours facing to the centre of the circle, with the leader outside. This part of the dance consists of a series of taunts to the dead tiger by the leader, the Pack responding to each by growling and crawling a little towards the centre of the circle. There are four taunts in all. Both taunts and growls start fairly softly and increase, gradually in noise and anger. There should be no movement or sound from the Pack between the growls. The four taunts are: Lungri, Frog-eater, Burned Beast of the Jungle, Hunter of Little Naked Man Cubs! By the time of the fourth growl, the Pack should have reached the Rock Circle.

The Cub Master should train the Cubs to begin the third part of the dance by kneeling back on their haunches, hands hanging loosely by the sides. The leader should already be in place in the centre by the Council Rock.

He kneels back in the same way, stretches both hands above his head and says slowly and dramatically "Shere Khan is DEAD!" The Pack then stretch their arms up in the same

position and taking their time from him and keeping their hands in the same position, bow forward three times till heads and hands "touch the ground, saying, "Dead-Dead-Dead !" Then all jump up and shout "Hurrah!" excitedly three times and drop to the ground as though shot in mid-air. After lying in dead silence for about five seconds, the signal is given to get up, and the Dance of Death is over. The dance is not nearly as hard as it sounds from the description and if each part is tried separately before putting them all together the Pack can learn it.

14. Attend at least eight pack meetings after qualifying for Tritiya Charan.

Cub Special Proficiency Badges:

(a) A Dwitiya Charan Cub may win not more than two Special Proficiency badges in addition to the two badges already earned.

(b) A Tritiya Charan Cub may earn any other or all remaining special proficiency badges.

(c) Syllabus for the proficiency Badges is as given in the Appendix in APRO II.

(d) All Proficiency Badges shall be worn on right arm in parallel rows.

GOLDEN ARROW BADGE

a) A Chaturtha Charan Cub having earned totally six proficiency badges, one badge each in Tritiya Charan and Chaturtha Charan, remaining four badges to be earned from the proficiency badge groups not earned earlier, he may be awarded a special badge called "Golden Arrow" before completing ten years of age.

The Badge will be on blue background with golden border with a prominent golden arrow with Bharat Scouts and Guides Emblem in the centre. The Golden Arrow shall be worn on the centre of the left sleeve. Golden arrow badge is presented by the President of Bharat Scouts and Guides along with the certificate signed by the **Chief National Commissioner.**

b. The **Chief National Commissioner** shall issue suitable directives from time to time in respect of Golden Arrow Badge.

c. The State Association will organise a re-test camp under the supervision of the State Organising Commissioner (Scout)

d. A Cub Master who is advanced trained and has a valid warrant will be competent to produce Golden Arrow Cub.

e. All proficiency badges must be tested by the independent examiners appointed by the Badge Committee of Local Association / District Association and required details should be given in the registration forms as supplied by the National Headquarters.

f. Unit Leader is not eligible to work as independent examiner of the same unit.

g. A Cub should have completed not more than ten years of age at the time of submission of his Golden Arrow registration form to concerned Regional Headquarters.

h. There will be no limit for the eligible Cubs to be recommended by the Cub Master from his unit for Golden Arrow Badge.

Guidelines

While forwarding the application for Registration for the Golden Arrow Badge Award annualy, the following guidelines must be followed strictly:-

1. Application forms for registration of Golden Arrow Badge Award will be accepted in the prescribed forms (in duplicate) i.e. 02 sets each of Registration/Application Form.
2. Registration/Application form is available in BS&G Website www.bsgindia.org. This can be downloaded. No charges for the downloaded application forms. Hon'ble Chief National Commissioner is very kind enough to withdraw the charges made against downloaded application form.
3. An advanced trained Cub Master having valid warrant is competent to produce "Golden Arrow" Cub. There is no limit for the recommendation of eligible Cubs from the unit.
4. All the stages should be completed as per the progressive advancement provided in APRO Part II.
5. Date of Completion of Chaturtha Charan will be the last date of the Testing Camp organized by the State. For example if the testing camp was from January to 1st week, the date of completion of Chaturtha Charan will be the last date of the test.
6. All tests/proficiency badges from Dwitiya Charan must be tested by the independent Badge Examines appointed by the Badge Committee (District/Local association) (Unit Leader is not eligible to work as the Independent Badge Examiner for his/her own unit).
7. Cubs should have qualified Chaturtha Charan and have earned total 06 (six) proficiency badges as per APRO II which are to be duly filled at Sl.No. 9 in the application form one from each group.
8. State Association should organize State level testing camp under the supervision of State Organizing Commissioner (Scouts) to test the skills and knowledge of the Chaturtha Charan as per APRO Part II.
9. A Cub should not have completed 10 (ten) years of age at the time of submission of his registration form to the concerned Regional Headquarters before 30th of September of each year.

10. One original copy and one photo copy of registration form with seal and signature in original to be submitted to the Regional Headquarters on or before 30th of September of each year.
11. The application form must be filled completely and correctly without any over writing. The photo must be in complete and correct uniform as per APRO II.
12. Date of Birth certificate issued by the Head of Institution where the applicant is studying should be attached with the application.
13. Cub should bring his progress card and all the records from Pravesh to Golden Arrow at the time of Golden Arrow Award Rally.

GOLDEN ARROW

REGN. : For Registration form please see the bsgindia.org website for authenticity as the Form given in this book may have some changes.

Form No- XXVi SHQ No-..... RHQ No-.....

THE BHARAT SCOUTS & GUIDES, NATIONAL HEADQUARTERS

16, MAHATMA GANDHI MARG, I.P. ESTATE, NEW DELHI- 110002

REGISTRATION FORM FOR GOLDEN ARROW BADGE

Name of the State:.....

Photograph in uniform

1. Name of the Cub/Bulbul .....
   (in capital letters)
2. Father's Name.....
   (in capital letters)
3. Mother's Name.....
   (in capital letters)
4. Home Address:.....
   .....
   Distt.....State.....PinCode.....
   Contact No- ..... Email Id of Parent-.....
5. Date of Birth *(attach Birth Certificate issued by Head of Institution)*

D	D	M	M	Y	Y	Y	Y

6. Name of the Unit and Address.....
   (in capital letters) .....
7. Date of Joining Cub/Bulbul

D	D	M	M	Y	Y	Y	Y

8. Date of Completion of Pravesh

D	D	M	M	Y	Y	Y	Y

9. Date of Investiture

D	D	M	M	Y	Y	Y	Y

10. Date of Completion of Pratham Charan/ Komal Pankh

D	D	M	M	Y	Y	Y	Y

11. Date of Completion of Dwitiya Charan/Rajat Pankh

D	D	M	M	Y	Y	Y	Y

12. Date of Completion of Tritiya Charan/Swarna Pankh

D	D	M	M	Y	Y	Y	Y

13. (i) Chaturtha Charan/Heerak Pankh Re-testing camp held at

Venue	From	To

(ii) Date of Completion of Chaturtha Charan/Heerak Pankh.....

(iii) Chaturtha Charan/Heerak Pankh Certificate No.....Date.....

14. Details of Cub/Bulbul Proficiency Badge earned *(in capital letter)*

Sl No	Group	Name of Badge	Date of Passing	Name of Examiner
01	Character			
02	Physical Health			
03	Handicraft			
04	Service			
05	Conservation &Technology			
06	From any group			

Date.....

(Signature of Cub/Bulbul)

Certified that the information given above is correct as per the Unit records.

Date _____

_____
Signature of Unit Leader

Name of Unit Leader _____
Scouting/Guiding Qualification _____
Warrant No. _____Valid up to _____

Certified that all information given by the unit is correct and District Association has conducted Test of Tritiya Charan/ Swarna Pankh and Proficiency Badges.

Signature	Signature	Signature
District Commissioner (S/G)	District Secretary	District Organising Commissioner(S/G)
District Association.....		
Date.....	Date.....	Date.....

The above information are checked and found correct as per the records and his/her application is recommended for the Golden Arrow Award

Signature
State Organising Commissioner (Scout/Guide)

Date .....

Signature
State Secretary

Date .....

(For use at the National Headquarters / Regional Headquarters)

Date of receipt of above information .....is examined and found eligible as per APRO part II/III and recommended to issue Golden Arrow Award Certificate.

From Checked by

Signature.....
Name .....

Designation .....

Signature of Asst. Director
Name: .....
Region.....

Signature of Dy. Director BP/GP

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